



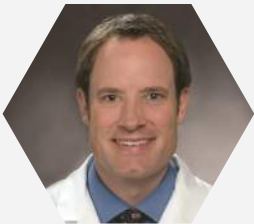
# FOOT FOCUS

January 2016

## MEET THE DOCTORS

This month we asked our doctors: What's something new you would like to try in the New Year?

*"Learn to sail since I'm building a sailboat!"*  
-Dr. Hatcher



*"With Ironman Dr. Boehm's guidance, in 2016, I want to run a half marathon!"*

-Dr. Woelffer

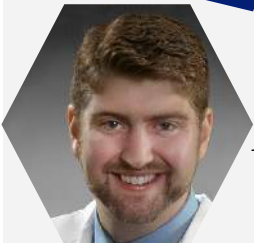
*"My oldest daughter wants to learn to play the guitar. I want to learn too so we can play together."*

-Dr. Boehm



*"I've been designing an orthotic insert for hockey skates. In 2016, I want to finish designing and produce them."*

-Dr. Meyers



## Take Special Care of Your Feet this Winter

Winter is one of the most important times to take care of your feet. Too-tight boots and shoes can cause corns and calluses. If a callus or a corn presses on a bone or a nerve underneath the skin, it can be painful. Here are some ways you can treat your feet on your own at home.

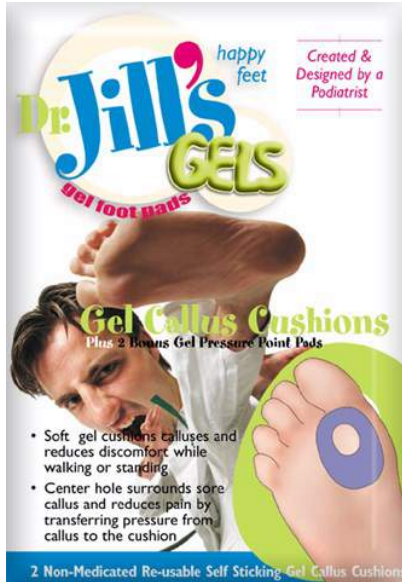
- After you shower, gently rub a pumice stone on the callus to remove dead skin cells. Don't try to scrub it all off at once; sand down a little bit of the callus every day and be patient.
- If you're diabetic, be careful! Pay attention to any nicks or cuts, and don't use any sharp objects around your feet and toes. You can also soak and moisturize your corns and calluses until they become soft instead of filing them.
- To protect a painful corn, try using a doughnut-shaped or a U-shaped foot pad. The pad helps keep the pressure off the corn while wearing shoes. You can find them at either of our offices and also at [www.RaleighFootStore.com](http://www.RaleighFootStore.com).
- Wear shoes that fit properly. You should have a thumb's width of distance between your longest toe and the end of the shoe.



If you find that you have stubborn, painful corns that won't go away, now is the time to do something about it. Call Raleigh Foot & Ankle Center at (919) 850-9111 and make an appointment at one of our onsite pedicure salons. Our pedicurists will soak your feet and gently scrub and file away those pesky corns and calluses. Give us a call today, and treat yourself to the beautiful feet you deserve.

# PRODUCT OF THE MONTH

## Dr. Jill's Gel Pads



**Do you have painful corns or calluses?**

***Use Dr. Jill's Gel Callus Cushions to relieve pressure from painful corns and calluses!***

Dr. Jill's foot pads are made of a soft gel that cushions calluses and reduces discomfort while walking or standing. They come in two shapes, doughnut or U-shaped. Choose the shape that works for you! The cushions work by surrounding the sore callus and transferring pressure from the callus to the cushion to relieve your pain.

Dr. Jill's Gel Callus Cushions are available in both of our offices and also our online store, [www.RaleighFootStore.com](http://www.RaleighFootStore.com). Visit our online store today to purchase Dr. Jill's products or learn more about them today.

EMPLOYEE INSIGHT

## Mandy's Sweet & Sour Green Beans



### Ingredients:

- 1/2 package of bacon (6 or 7 slices)
- 1/2 onion, chopped
- 32 ounces French style green beans, fresh or frozen
- 2 T vinegar
- 2 T sugar
- Salt and pepper to taste

Cut bacon into 1 inch pieces. Place bacon and onions into a skillet. Cook over medium heat until browned, stirring often. Remove to plate. Add the green beans to the bacon grease and continue cooking over medium heat until they are as tender as you like. Add the vinegar and the sugar and stir. Add the bacon and onions back to the skillet and let simmer a few minutes, stirring often. Add salt and pepper to taste. This dish is best served warm.

### Foot Facts! Did you know...

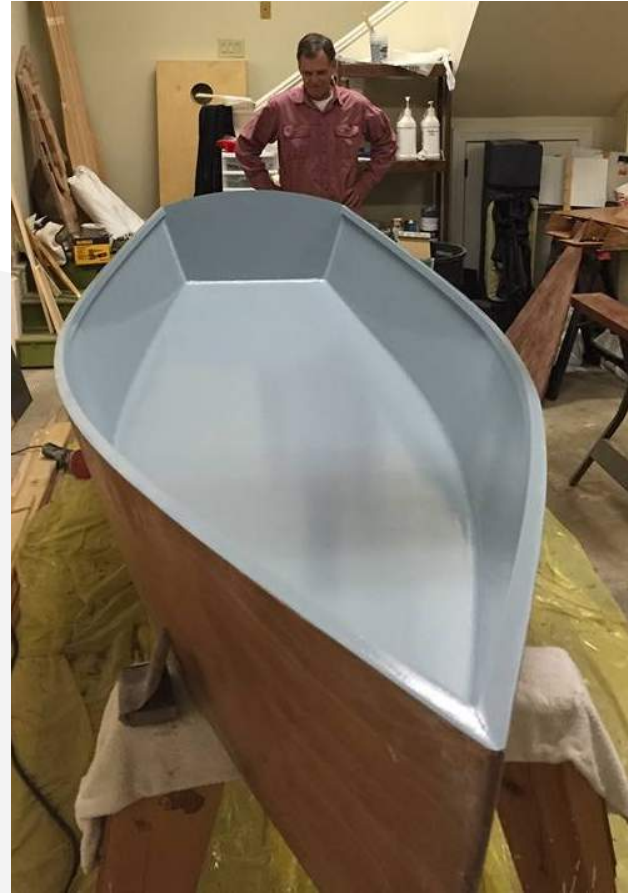
- The average person takes 4,000 to 6,000 steps each day
- Feet are largest in the evening
- A pair of feet has about 250,000 sweat glands
- Wearing shoes that fit properly is the best way to prevent future foot problems

# BOB BUILDS A BOAT

Many of you know Dr. Robert Hatcher is a wonderful doctor and person. But did you know that in his free time, Dr. Hatcher is building a boat? That's right, a boat!

Late this summer Dr. Hatcher started on a small, 2 person boat called a Jimmy Skiff. He hopes to have it done in the New Year, and to take it out on the lake for a spin. He started with unfinished pieces from a Jimmy Skiff kit. He put them together, sanded, sealed, applied fiberglass, and primed the boat. Now it needs a place to sit, a sail, and a place to shove off. Great job, Dr. Hatcher! We can't wait to see how your boat turns out.

To stay updated with stories like Dr. Hatcher's boat and other things going on in and out of the office, follow Raleigh Foot & Ankle Center on FaceBook or Twitter.



*Right: Dr. Hatcher and the Jimmy Skiff after priming the interior.*

## Get Social With Us

Raleigh Foot & Ankle Center on  
Facebook, YouTube, and Google+



@raleighfootdocs on Twitter,  
Instagram, and Pinterest



GET FOOT CARE TIPS FROM OUR DOCS AND THE INSIDE SCOOP ON OUR BLOG!

FIND IT AT [WWW.RFACNC.COM/BLOG](http://WWW.RFACNC.COM/BLOG)



### ***Have you heard about our online store?***

Order your over-the-counter foot and ankle products from the comfort of your home! Everything you need to care for your feet can be delivered to your door, without taking a single step out of the door.

***Visit [www.raleighfootstore.com](http://www.raleighfootstore.com).***



# RESOLVE TO FIX YOUR FEET

Many of us make New Year's Resolutions each year to be healthy. Maybe you want to lose weight, maybe you want to exercise more, or maybe you want to change your diet and eat healthier foods.

This year, resolve to make your feet part of your healthy New Years resolutions. Foot pain is no fun and can even prevent you from doing the things you love to do. Painful feet make it more difficult to go for a jog with your dog or play outside with your children. Make 2016 the year you finally rid yourself of foot pain.

Call our office at (919) 850-9111 or request an appointment on our website today. The doctors and staff at Raleigh Foot & Ankle Center are here to help you get back on your feet as soon as possible.



## KEEP YOUR TOES WARM THIS WINTER

We find ourselves at the beginning of a new year. Unfortunately for all of us, that means we shouldn't expect warmer temperatures for a few more months. It also means we could have snow, ice, and other winter weather.

Remember to always wear insulated shoes or boots if you venture out into the snow and ice this winter. Shoes or boots should be water-resistant and should fit just right, not too snug or too loose. Make sure you can wiggle your toes. And don't forget to wear warm socks that wick away moisture.



Avoid staying outdoors in the snow and ice longer than you have to. Icy roads and sidewalks are slippery and you could fall. If you're injured this winter, be it an ankle sprain or strain or any foot pain at all, call Raleigh Foot & Ankle Center. We're always happy to help.



**Raleigh Foot &  
Ankle Center**

*Always accepting  
new patients.*

[www.rfacnc.com](http://www.rfacnc.com)

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