



# FOOT FOCUS

June 2015

## MEET THE DOCTORS

*"Being a father is, at the same time, both the hardest and the most rewarding job I have ever had. I would not trade the time spent with my 3 children for anything of any value."*

-Dr. Hatcher

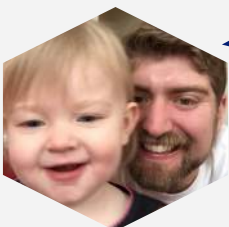


*"I love seeing pure joy on my kids' faces—sometimes in the form of ice cream! Their happiness is the best part of being a father."*

-Dr. Woelffer

*"I love being a father. Life can get hectic, but my girls remind me to slow down and live in the moment. What a gift Sam and Syd give me every day! They inspire me to be the best father and person possible."*

-Dr. Boehm



*"The best part about being a father is understanding how much you can truly love another human being. My daughter is the love of my life and seeing her smile is the best part of my day!"*

-Dr. Meyers

## PLAY BALL

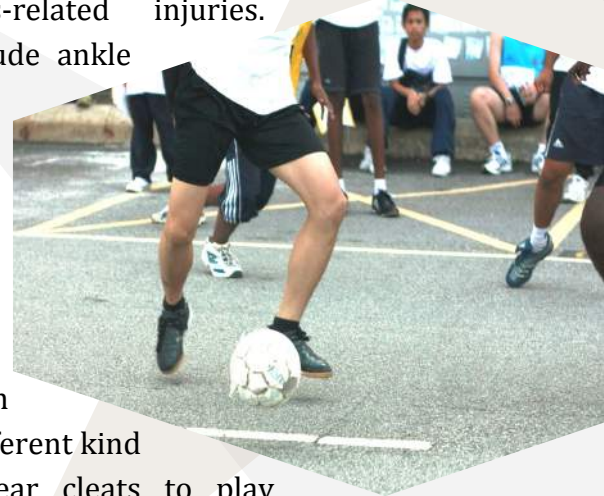
*Don't let foot injuries keep you from enjoying all of your favorite summer sports and activities!*

Summer will be here soon and you know what that means: more time for your favorite outdoor activities like baseball, golf, and tennis. Unfortunately, that can also mean more sports-related injuries.

Common injuries include ankle sprains and strains, or heel pain.

Here are some quick tips to keep your feet in tip-top shape:

- Wear the right kind of shoes—Each sport requires a different kind of shoe. Don't wear cleats to play basketball! Make sure your shoe fits properly and wear breathable socks.
- Stretch and hydrate—Take time before practice or your game starts to stretch your muscles.
- Don't push yourself too hard—Pay attention to any pain or discomfort in your feet. Take a break and find out what's wrong.



If you do have feet problems or become injured after playing sports, you should visit the podiatrist. Our doctors treat a wide variety of athletic injuries and can get you back out on the field as soon as possible.

# PRODUCT OF THE MONTH

## Arch Bandages

### DO YOU HAVE FOOT PAIN?

We have a solution that can help:

#### ***PediFix Arch Bandages!***

The Arch Bandage is a soft, elastic band that supports the arch and relieves pain from many common foot problems.

Ease the pain from your plantar fasciitis or heel pain. Support your flat feet or fallen arches. Soothe the pain from your bunions, neuroma, or forefoot.

Whatever the pain your foot is feeling, the gentle compression of an arch bandage can help!

Check out our online store at [www.raleighfootstore.com](http://www.raleighfootstore.com) or come into our office to get your *PediFix Arch Bandages* today.



## EMPLOYEE INSIGHT

### Kinsey's Lentil Salad

*"Can be eaten warm or cold. Omit the bacon to make it vegetarian-friendly!"*

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|--|---|
| 1 cup green lentils                      | 2 large sprigs of fresh rosemary, minced      |
| 2 cups veggie stock                      | 1 small bunch of fresh thyme, leaves stripped |
| 1/4 tsp salt, plus more to taste         | 1/2 cup flat leaf parsley, chopped            |
| Freshly ground black pepper to taste     | 3 tablespoons olive oil                       |
| 4 slices of bacon, cut into small pieces | 1 tablespoon Dijon mustard                    |
| 2 shallots, cut in half and sliced thin  | 1 tablespoon white wine vinegar               |
| 4 garlic cloves, minced                  |   |

1. Rinse the lentils in a strainer and cook in the veggie stock according to instructions on the package. Drain lentils and return to the pot, then add the salt.
2. In another pan, cook the bacon until crispy. Drain the fat from the pan, then add the shallots, garlic, rosemary, and thyme and cook for 2-3 minutes. Shallots should be tender but not soft.
3. Next, in a bowl whisk together the olive oil, white wine vinegar, and Dijon mustard.
4. Toss with the cooked lentils then add the bacon and shallot mixture along with the parsley. Stir and taste. Add the pepper and more salt if needed. Enjoy!



What's worse than a centipede with athlete's foot?

A porcupine with split ends!

# SCHOOL'S OUT

*Summer is here — be sure to protect your feet from some common summertime ailments.*



Everyone loves heading to the beach or hanging out at the pool when the weather is nice. Remember to take good care of your feet and you'll have more fun!

**Sunburn:** Ouch! Remember to apply sunscreen to your feet any time you plan to be barefoot (or in sandals!) in the sunshine.

**Toenail fungus:** Going barefoot in the sand or at the pool means more exposure to toenail fungus. Wear shower or pool shoes whenever possible, and remember to wash and dry your feet thoroughly after taking a dip.

**Flip flops:** While flip flops are easy and breezy, they aren't the best for your feet! They can cause blisters, they don't provide enough arch support, and they expose your feet to all the dirt and dust bunnies of the world. Your best bet is to wear sandals that support and protect your feet.

If you have problems with your feet this summer, make sure to get them checked out by one of the podiatrists at Raleigh Foot & Ankle Center.

## Get Social With Us

Follow, like, or review!



FIND OUT WHAT OUR DOCTORS ARE UP TO ON OUR BLOG!

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

*Raleigh Foot & Ankle Center will be closed Friday, July 3 in observance of Independence Day.*

### *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).*

# LEARN HOW TO GET BACK ON YOUR FEET...

*...As Soon As Possible! You can get back to the active life you love, pain free.*

Plantar fasciitis is the inflammation of a ligament in the bottom of the foot, which causes heel pain.

- 10% of all Americans suffer from heel pain
- The #1 cause of heel pain is plantar fasciitis
- The more you use your feet, the more likely you are to experience heel pain
  - The average person takes 8,000-10,000 steps a day

You may feel as if there is no hope for your heel pain. Raleigh Foot & Ankle Center has the answer to healing your plantar fasciitis and getting you back to your active lifestyle.

## Steps to Getting Back On Your Feet

*(And Being Pain-Free)*

### **Get the correct diagnosis.**

Heel pain can be caused by a number of different foot problems. In order to know the best way to treat your pain, it's important to know what causes it.

### **Get treatment by doctors who understand the problem.**

The best treatment is done by doctors who have treated a problem more times than they can count; they know what they are talking about. Plantar fasciitis is the number one problem treated at Raleigh Foot & Ankle Center.

### **Get it treated ASAP, before it gets any worse.**

The longer you put off your treatment plan, the harder it is to get rid of the pain. Don't wait!

If you're ready to get rid of your pain and get back to an active lifestyle, Shockwave Therapy may be the answer.



Visit our website for more information, or call our office at (919) 850-9111 to make an appointment with one of our foot and ankle doctors today.



## Raleigh Foot & Ankle Center

*Always accepting  
new patients.*

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