



FOOT FOCUS

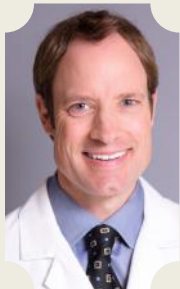
June 2016

MEET THE DOCTORS

This month we asked our doctors: "This month is Father's Day. What is the best thing about being a dad?"

"A million things but maybe best of all is seeing them grow into responsible and happy adults."

-Dr. Hatcher



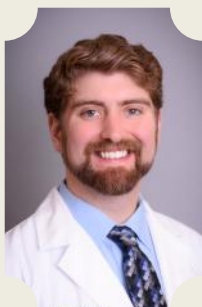
"The challenge of being my best me. And hugs!"

-Dr. Woelffer



"I absolutely love having little one-on-one conversations with my girls, especially at bed time. Some days can be crazy and stressful, but when I listen to them and "see" the day through their eyes, I quickly forget all the chaos. They remind me to live in the moment. But the best part of those conversations comes at the end when I get the "worlds biggest hug!"

-Dr. Boehm



"Walking in the door and hearing "daddy" being yelled by the sweetest voice in the world, followed by a great big hug! It reminds me of how blessed I am, and how precious the gift of life truly is."

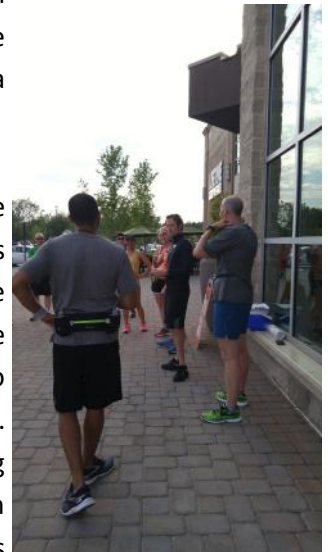
-Dr. Meyers

Book a *Doctor Talk* for your group!



Dr. Boehm, Dr. Meyers, and Dr. Woelffer have been very busy being out and about meeting with groups that have foot questions. Dr. Boehm has met with the Raleigh Diabetes Support Group and discussed how important diabetic foot care is. Raleigh Foot & Ankle has a Neuropathy Treatment

Center for any diabetics that have nerve pain in their feet. Dr. Woelffer has visited with the Run Group at Life Time Athletic Club to discuss the importance of the shoes you wear and how to prevent foot injuries while running. Dr. Meyers has met with the Running Mamas and the Stroller strides to inform the ladies we have a Salon which offers medical grade pedicures that take care of cracked heels, corns,



and callouses. Both Dr. Meyers and Dr. Woelffer informed these groups the number one cause of heel pain for athletes is Plantar Fasciitis. We have a treatment for Plantar Fasciitis called Shockwave, which you can learn more



about on our website www.rfacnc.com. To schedule this free service of a *Doctor Talk* with your group, contact us (919) 850-9111.

NEW PRODUCT!

*Thorlos Running and
Diabetic socks*



Make sure your feet are protected this summer!

The Rolltop Running Socks The Thorlos padding in the heel and forefoot cushions your step for lasting comfort.

The Health Padds Socks have a relaxed fit top that stays up without restricting or binding.

Both socks have Thorlos-specific fibers that allow moisture to pass through to keep your feet dry! Also, both of these socks are made with clinically-tested padding to reduce; pain, pressure, moisture and blisters.

Get yours today!

Can be purchased at either our locations, 1418 E. Millbrook Rd. Raleigh, NC 27609 or 2605 Blue Ridge Road Suite 320 Raleigh NC 27607.

Mandy's Lexington-Style Grilled Chicken



Ingredients:

- 2 cups cider vinegar
- 1/4 cup firmly packed dark brown sugar
- 1/4 cup vegetable oil
- 2 1/2 tablespoons dried crushed red pepper
- 4 teaspoons salt
- 2 teaspoons pepper
- 2 (2 1/2 to 3 pound) cut up whole chickens or chicken breasts

Stir together 6 ingredients until blended. Place half each of vinegar mixture and chicken in a large zip-top plastic freezer bag; seal. Repeat procedure with remaining vinegar mixture and chicken, placing in a separate zip-top plastic freezer bag. Chill chicken at least 2 hours or up to 8 hours, turning occasionally. Remove chicken from marinade, discard marinade. Grill chicken, covered with grill lid, over medium-high heat (300 to 400 degrees), for 35 to 40 minutes until done, turning occasionally.

EMPLOYEE INSIGHT

Father's Day is Sunday, June 19th and we will be exhibiting at the Juneteenth Festival on Saturday, June 18th

Dads need to be pampered too!

Father's Day is a perfect time to recognize your dad by giving him a gift certificate to our salon. Our medical grade pedicures are a safe, soothing, and great way to spoil your dad for his next golf game, fishing outing, or just so his feet feel amazing before going back to work on Monday. You can buy a gift certificate at either of our locations, the Millbrook or the Blue Ridge office. If you typically wait to the last minute, no worries! Go to our online store www.raleighfootstore.com to buy a gift certificate.



Are you a State Employee?

Dr. Boehm and Dr. Meyers had a great time at the State Employees Health & Wellness Expo in May. There were lots of prizes given out, including a drawing for a free pair of custom made orthotics! Most State Employees don't know that state employee benefits typically



cover up to 2 pairs of custom made orthotics a year! So check with your health insurance company to see if you can take advantage of this, and make an appointment with us today! (919) 850-9111

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With Us



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

FIND IT AT WWW.RFACNC.COM/BLOG

Have you heard about our online store?

Order your over the counter foot and ankle care products from the comfort of your own home!

Visit www.raleighfootstore.com

June's finalist for the Restaurant Review Contest goes to...

Congratulations to Jeanne Y. for being June's finalist for the Restaurant Review contest! Her review for Vic's Italian Restaurant made our mouths water! We will have a new finalist each month until we announce the winner in December 2016 for the \$100 gift certificate prize to your favorite restaurant. To find out more information and to submit your monthly Restaurant Review entry, go to www.raleighfootandanklecenter.com/contact-us/contests.

I moved to Raleigh from upstate New York about five months ago. Many things run through everyone's mind when they move to a new city—What if I can't find a good hair dresser? What if I don't make any friends? What if they don't have an amazing grocery store like Wegmans? What if?

Like many, these thoughts also ran through my mind. However, at the top of the list was, "What if I can't find a decent Italian restaurant like those we are spoiled with back home?" Coming from an Italian family, I never had to look far for a delicious Italian meal, whether it was home cooked or served by a family owned, hole in the wall restaurant around the corner. Simply put, we were spoiled. I thought that moving south meant forfeiting some of my favorite foods—that was until I walked into Vic's Italian Restaurant.

Living in Northwest Raleigh, my fiancé and I certainly have our pick of restaurants within walking distance. When Vic's opened across the street, we were definitely intrigued! We thought we'd try them out one night, and I've got to say—we will definitely be back!



Vic's offers an array of appetizers, soups and salads, pasta dishes, entrees and specialty pizzas. You can view their dinner menu online. I have tried the Pollo Piccata and Pollo alla Parmigiana on two separate occasions.

The Pollo Piccata had a lemon butter wine sauce that wasn't overpowering, and paired with capers and veggies, was a perfect ingredient combination. The chicken was juicy and tender, and I soaked up every bit of sauce that I could! The Pollo alla Parmigiana also had tender chicken that was perfectly crispy, with penne pasta tossed in a robust tomato sauce that tasted like Grandma's secret recipe. I loved everything about these meals!



To our delightful surprise, you also get twisted garlic knots for the table! A delicious twist on the typical bread basket—we ate them too fast and only had one left to share!

Vic's also has a diverse wine selection. Here I am drinking a glass of pinot noir with my meal.

Not only is the food delicious, the staff treats you like family! Our waitress, Katya, was very sweet and talked about her Italian roots and her experience moving from Italy to North Carolina. Mario Longo Jr. made it a point to chat with us, welcoming us to the restaurant. By the end of the evening, we definitely felt at home.



One of the most popular things Vic's is known for is "Wine Dinner Wednesday". The first Wednesday of every month, their chef prepares a special 5-course feast for guests, each course expertly paired with the perfect wine. The price is \$42/guest and reservations are required. I can already tell you what my dinner plans are the first Wednesday of every month for the foreseeable future!

We have dined in the newest Vic's location in The Marketplace on Lake Boone Trail in Raleigh. They also have a location in the Downtown City Market on Blake St.

Next time you are craving Italian, give Vic's Restaurant a try. Your stomach will be full and you'll be smiling as you say, "Arrivederci!" before heading home for the night.

 <p>Raleigh Foot & Ankle Center <i>Always accepting new patients</i> www.rfacnc.com</p>	Visit us at either of our convenient locations:	
	1418 E. Millbrook Rd. Raleigh, NC 27608 (919)850-9111	2605 Blue Ridge Rd. Suite 320 Raleigh, NC 27607