



FOOT FOCUS

March 2016

MEET THE DOCTORS

This month we asked our doctors: What's the one way to prevent foot injury during spring sports?

"Don't do too much exercise too quickly especially if you have not been working out."

-Dr. Hatcher



"Stop activity when you're getting tired or when discomfort begins. Avoid exhaustion, avoid pain! Live to work out another day."

-Dr. Woelffer

"As a runner and podiatrist, I think good consistent stretching is one of the most important ways of preventing injury."

-Dr. Boehm



"All professional athletes focus their workout routines not only on improving strength and conditioning, but also preventing injury! This involves stretching, sport specific strengthening, and lots of rest!"

-Dr. Meyers

Dr. Boehm speaks to Raleigh Diabetes Support Group

This March, our very own Dr. Alan Boehm will be the guest speaker at the non-profit Raleigh Diabetes Support Group. The meeting is on Saturday March 19th at the Milner Church, at 1950 New Bern Avenue in Raleigh. The meeting starts at 10:30am and lasts until noon. Support group coordinator Mary Clark says, "We create an environment to help people learn to have the greatest help possible as a diabetic." Between 30 and 50 people attend and new members are always welcome.

People who suffer from diabetes have to be careful and should check their feet for cuts and scratches every day. Taking good care of your feet will decrease the chance of developing foot problems like diabetic foot ulcers. Most all diabetics will have to deal with some problems with their feet at some point of their lives, best to stay on top of it.



Dr. Boehm will discuss diabetes and its direct link to neuropathy. Most people don't know that neuropathy can be caused by diabetes. Neuropathy is a disease of the nerves in your feet, arms, or legs that causes weakness, numbness, or pain. You might feel a tingling or burning sensation in your feet, or you might have problems with your balance. Complications include open sores, infection, pain, and difficulty sleeping.

Raleigh Foot & Ankle Center is proud to have Dr. Boehm speak with this group. Our doctors have been treating neuropathy for the past 30 years. If you let neuropathy go untreated, it can get worse for you and your feet. To make an appointment with any of our doctors, call **(919) 850-9111** today. And don't forget to see Dr. Boehm speak to the Raleigh Diabetes Support Group on March 19th. We hope to see you there.

NEW PRODUCT!

Vionic Wave Sandal



Are you someone who loves wearing flip flops?

Spring is coming, make sure you wear a sandal that keeps you comfortable.

These Vionic Wave Sandals give you the freedom to show off your toes while still giving you the support you need. The soft nylon webbing is comfortable between your toes.

These sandals have a built in orthotic which helps treat heel pain also known as Plantar Fasciitis. They have a biomechanically designed footbed which hugs your arches and supports your feet to help you stay comfortable.

Vionic Wave Sandals are lightweight and flexible. They absorb shock and reduce stress on your feet, ankles and knees. We now have this cute unisex option in Camouflage. We also carry this style in Khaki, Chocolate, and Black.

Raleigh Foot & Ankle Center is proud to carry Vionic Wave Sandals and other supportive yet stylish shoes at our Millbrook office. Stop on by and ask one of our team members to help you find the right shoe for you.

EMPLOYEE INSIGHT

Mary-Cate's Irish Beef Stew



Ingredients:

- 2 lbs. Yukon potatoes, unpeeled, cut into 1-inch pieces
- 1 lb. carrots, peeled and cut into 1-inch pieces
- 2 large onions, finely chopped
- 2 cloves garlic, minced
- 2 tablespoons fresh parsley, finely chopped
- 1/4 cup olive oil
- 2 tablespoons light brown sugar
- 2 tablespoons tomato paste
- 1/2 cup all-purpose flour
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- One 4-pound boneless beef chuck roast, trimmed and cut into 1 1/2 inch pieces
- 2 tablespoons unsalted butter
- 2 tablespoons canola oil

In crockpot combine potatoes, carrots, onions, garlic, parsley, olive oil, brown sugar and tomato paste. In separate bowl mix the flour, salt, and pepper. Dredge the beef pieces in the dry mixture, shake off any excess. In skillet, melt the butter and canola oil over medium high heat. In batches, add the beef pieces and sear until brown, about 2 min, transferring the beef to crockpot. Add 1 cup of beef or chicken broth to the skillet and scrape all the brown bits that have accumulated on the bottom of the pan. Add pan juices to crockpot, along with the remaining 3 1/2 cups of beef or chicken broth. Cover and cook on high for 6 hours. For fun, serve in a bread bowl!

**We will be closed Friday March 25th, for Good Friday.
Have a safe and happy Easter weekend!**

LEGEND RACE IN APRIL



Come out and join Dr. Woelffer at the Legend Race this April. We had a blast at the September Race and we can't wait to go back and compete again. The Legend Race is an obstacle-course style event—competitors from all over the Triangle come out to run the course. You can make a team with your coworkers, make it a family challenge, or just come out by yourself to push your athletic limits in a different and fun way.

The race is open to teenagers 15 years of age as long as they're accompanied by an adult. This year there will also be a small course for kids ages 5 to 10. Proceeds will go to the Warrior Wellness Solutions, a charity that provides holistic integrative health and wellness education and training to wounded and injured warriors, their families, and caregivers. The race is Saturday, April 16th, located 5027 Hancock Road, Oxford, North Carolina 27565. To register you can go to legendrace.com.



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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 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.

HEEL PAIN HOLDING YOU BACK?

Put some spring in your step with Shockwave Therapy!

Spring is a great time to be active. Whether you're hiking, getting back in the gym, participating in sports, or just dancing around the house, don't let foot pain slow you down. One of the most common causes of foot pain is plantar fasciitis. Plantar fasciitis is inflammation of the main ligament on the bottom of the foot and it can be especially painful in the heel.



At Raleigh Foot & Ankle center we have a treatment that can help. Shockwave Therapy* is a safe and non-invasive alternative to surgery. Shockwave uses pressure waves focused on the site of the pain or injury to stimulate the body's own natural healing mechanisms, "jump starting" the healing process. In doing so this treatment helps heal damaged tissue. This treatment is also useful for Achilles tendinitis, stress fractures, and pain in the ball of the foot.

The Shockwave experience is generally 3 to 5 treatments that are done on a weekly basis. This all depends on the areas treated and the amount of inflammation present. You and your doctor will discuss a treatment plan that is right for you. This treatment is non-invasive and is performed in our office. No special medicines or preparations are necessary. With Shockwave there is no required anesthesia, medication, or injections.

To be rest assured, 82% of patients report to have little to no heel pain after Shockwave therapy. Our doctors have been using this method for more than 10 years and it is FDA approved. The procedure has virtually no risks, side effects, and the complications are extremely low. Call us today **(919) 850-9111** to schedule your appointment and see if Shockwave can get the pep back in your step.

**Shockwave Therapy is not covered by insurance. We will not file your Shockwave treatment to your insurance company.*

Spring is coming...make sure you have your feet pampered and ready to go. Book an appointment at either location for your medical grade pedicure!



**Raleigh Foot &
Ankle Center**

Always accepting new patients.
www.rfacnc.com

Visit us at either of our convenient
Raleigh locations:

1418 E. Millbrook Rd.
Raleigh, NC 27609
(919) 850-9111

2605 Blue Ridge Rd.
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Raleigh, NC 27607