



FOOT FOCUS

March 2015

MEET THE DOCTORS

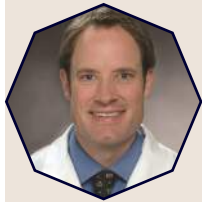
"My favorite thing about spring is the daffodils! They smell wonderful and they mean winter is over."

-Dr. Hatcher.



"I love the excitement knowing that outdoor activities are right around the corner!"

-Dr. Woelffer



"I like spring because it means I get to get outside with my kids!"

-Dr. Boehm



"Spring means warm weather, more time outdoors, and longer days!"

-Dr. Meyers



YOU DON'T HAVE TO LIVE WITH NUMB FEET

If your feet are numb, tingling, or in constant pain, you could have neuropathy.

Find out what neuropathy is and how you can end your suffering!

Do you experience balance problems or numbness? It may be because of neuropathy. Neuropathy is a disease of the nerves that causes weakness, numbness, or pain.

Some of the symptoms of neuropathy are:

- Tingling
- Numbness
- Burning
- Stinging
- Extreme sensitivity to touch
- Sharp or jabbing pains
- Balance issues or actual falls
- Feeling of standing on needles or glass



Stop your worsening numbness or pain now, and ease your fear of falling!

If you think you may have neuropathy, call our office today to schedule your appointment with one of our podiatrists. Our doctors can help diagnose your problem and walk you through treatment options.

You may have been told that neuropathy is not treatable. At Raleigh Foot & Ankle Center, we know otherwise. You don't have to live with these symptoms any longer. Call today at (919) 850-9111 to schedule your appointment and find out more about neuropathy and its treatment options.

PRODUCT OF THE MONTH

« *Hammertoe Cushion* »

Do you have any forefoot pain?

We have a solution that can help:

PediFix Soft Felt Hammertoe Cushions!

Hammertoe Cushions are soft felt cushions that support hammer, claw, mallet, or arthritic toes, all the while easing the pressure on the toe tips.

The soft cushion can help prevent corns, calluses, and blisters or any other discomfort related to forefoot pain.

To find out more about hammertoe cushions or to order yours, visit our on-line store at www.raleighfootstore.com or come into our office today!



EMPLOYEE INSIGHT

Mandy's Slow Cooker Golden Chicken with Noodles

- 2 cans (10.5 oz) cream of chicken soup
 - 1/2 cup water
 - 1/4 cup lemon juice
 - 1 tbsp Dijon-style mustard
 - 1-1/2 tsp garlic powder
 - 8 large carrots, peeled and thickly sliced (about 6 cups)
 - 2-1/2 lbs skinless, boneless chicken breast halves
 - 6 oz medium egg noodles, cooked and drained
 - 2 tbsp chopped fresh parsley
1. Stir the soup, water, lemon juice, mustard, garlic powder, and carrots in a 3-1/2 quart slow cooker. Add the chicken and turn to coat.
 2. Cover and cook on LOW for 7 to 8 hours or until the chicken is cooked through. Serve with the noodles. Sprinkle with the parsley.



Why didn't the grizzly wear any shoes?

He wanted to go bear foot.

SPRING FORWARD INTO SPRING

Spring is upon us, with the first day of the season on March 20. As you pull out your warmer-weather shoes and bare your feet to the elements, find what you can do to keep your feet in good condition.



Spring is the time of year when winter boots and heavy shoes go into hiding, and those lighter, freer sandals and flip-flops begin making their appearances.

As you begin digging out your spring and summer shoes and thinking about showing a little more skin, you may begin to think about those foot problems that have been hiding away all winter.

At Raleigh Foot & Ankle Center, we treat any foot or ankle problem you could think of, from toenail fungus and ingrown toenails to bunion problems and flat feet, from warts and calluses to diabetic problems, and everything in between. If you peel off your winter layers of socks and shoes to find you don't like what you see, or to find a problem that has now become visible, don't suffer through it. Call your podiatrists at Raleigh Foot & Ankle Center and let us fix your feet for you!

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

FIND IT AT WWW.RFACNC.COM/BLOG

What's Going On
At RFAC

WINTER AT ITS WORST

*THIS FEBRUARY SURPRISED NORTH CAROLINA WITH
A BLAST OF ICY WINTER WEATHER...*

Just as we thought the winter was over, North Carolina was sent an icy blast of snow and frozen weather. From closing offices to slipping and sliding on the icy roads, the weather threw North Carolina residents for a loop.

At Raleigh Foot & Ankle Center, we even experienced a frozen heating unit. Luckily, once we braved the cold weather, we were able to thaw the unit out with hair-dryers and re-start the unit!

Do you have any exciting cold-weather stories? We'd love to hear them! You can share them on our Facebook page (just search Raleigh Foot & Ankle Center).



HEEL PAIN FOR THE HEELS

The University of North Carolina's Marcus Paige has been suffering from plantar fasciitis all season. What can you do about your plantar fasciitis?

With March Madness right around the corner, college basketball is front and center. The North Carolina Tar Heels have had an up-and-down season, filled with both winning streaks and losing streaks. The team's leading point guard, Marcus Paige, has struggled to perform consistently due to a nagging problem: heel pain caused by plantar fasciitis.

Plantar fasciitis is the number one diagnosis that the doctors at Raleigh Foot & Ankle Center treat.

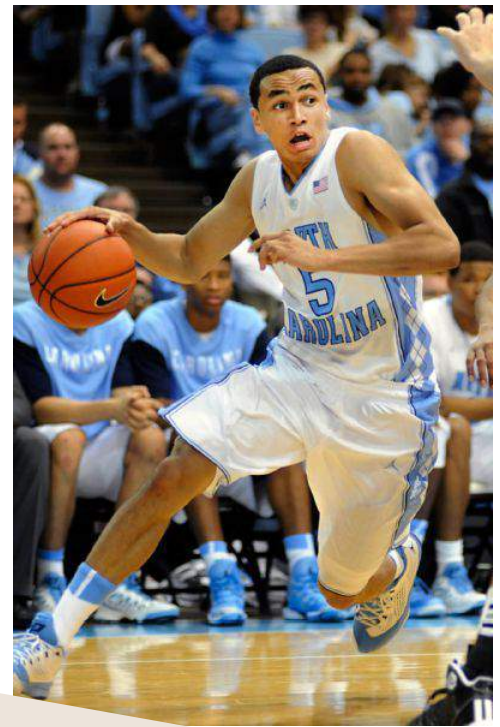
Heel pain from plantar fasciitis can be caused by a number of factors, the primary one being overuse of the foot.

Unfortunately for Marcus Paige, the best thing you can do for your feet with a case of plantar fasciitis is to sit out and rest your feet. As a college student and active athlete in the middle of the season, he told the press that this is not always an option for him.

So when you have plantar fasciitis, what can you do about it? The most important thing you can do is to go visit your podiatrist. There are many possible treatments for plantar fasciitis; they range from stretches to physical therapy to surgery, depending on the severity of your pain and the length of time you have been suffering.

There is no need to suffer from plantar fasciitis any longer; if you notice a pain in your heels, call the doctors at Raleigh Foot & Ankle Center and let them treat your heel pain for you.

We'll get you back on your feet (or back in the game) as soon as possible!



**Raleigh Foot &
Ankle Center**

*Always accepting
new patients.*

1418 E. Millbrook Rd.

Raleigh, NC 27609

(919) 850-9111

www.rfacnc.com

bako
Integrated Physician Solutions

Raleigh Foot & Ankle Center
proudly uses Bako Labs



Did the winter weather keep you out of our office? Now that the weather is warming up again, pay us a visit! Let us fix all of your foot and ankle problems, today.