



FOOT FOCUS

November 2015

MEET THE DOCTORS

This month we asked: Thanksgiving is right around the corner. What's your favorite thing to eat at the dinner table on Thanksgiving?

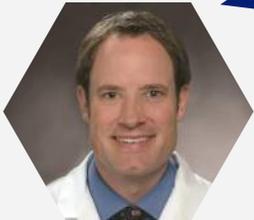
"My brother in law's fried turkey."

-Dr. Hatcher



"Gravy. Duh!"

-Dr. Woelffer



"Turkey, of course!"

-Dr. Boehm



"Stuffing!"

-Dr. Meyers



Diabetes and Your Feet



November is Diabetes Awareness Month. We're all aware of the ways diabetes affects the body, but did you know that being diabetic can also increase the risk of some foot related problems? Some of these include:

- Neuropathy—numbness, tingling, or burning feelings in your feet
- Increased risk of falling due to neuropathy
- Decreased blood flow resulting in ulcers and wounds that won't heal

So what can you do if you have diabetes and you're worried about your feet?

The best thing you can do is call the doctors at Raleigh Foot & Ankle Center and make an appointment for a diabetic foot exam. Our doctors treat neuropathy and diabetic ulcers, as well as a variety of other foot problems like bunions, corns and calluses, sports-related injuries, and even toenail fungus. Call (919) 850-9111 to make an appointment today.

PRODUCT OF THE MONTH

<< AmeriGel >>



DO YOU HAVE A WOUND OR ULCER THAT WON'T HEAL?

Use AmeriGel Hydrogel Wound Dressing to treat stubborn wounds and ulcers!

AmeriGel Hydrogel Wound Dressing is an advanced formula that promotes a moist environment to effectively treat wounds and ulcers on your feet. Use it to treat diabetic skin ulcers, post-surgical incisions, 1st and 2nd degree burns, cuts, abrasions, and more.

To purchase AmeriGel or learn more, visit www.raleighfootstore.com today.

EMPLOYEE INSIGHT

Kinsey's Cornbread

"Perfect with chili on a cool fall night!"

Ingredients:

1 cup milk	1 & 1/4 cup yellow
1/4 cup butter or margarine, melted	cornmeal
1 large egg	1 cup all-purpose flour
	1 Tbsp baking powder
	1/2 tsp salt

Heat oven to 400F. Grease bottom and side of a round pan with canola or vegetable cooking spray. In a large bowl, beat the milk, butter, and egg with a wire whisk. Stir in the remaining ingredients just until the flour is moistened. The batter will be lumpy. Pour into your baking pan and back 20 to 25 minutes or until golden brown and a toothpick inserted in the center comes out clean. Best served warm, to reheat wrap in a paper towel or a clean kitchen towel and microwave.



Raleigh Foot & Ankle Center will be closed for the Thanksgiving Holiday on Thursday November 26 and Friday November 27. Have a safe and happy Thanksgiving!

STEP OUT DIABETES

Join Raleigh Foot & Ankle Center at the Step Out: Walk to Stop Diabetes on Saturday, November 7th.

Join the doctors and staff of Raleigh Foot & Ankle Center and many others in the community at the Step Out: Walk to Stop Diabetes on Saturday November 7th. The Walk to Stop Diabetes is an annual walk that benefits our local chapter of the American Diabetes Association.

The walk begins at 9:00 AM and starts at the Dorothea Dix Campus near downtown Raleigh. The walk is about two miles long and it is family and pet-friendly. There will be music, food, activities for children, and more! For more information about the Step Out: Walk to Stop Diabetes, please visit stepout.diabetes.org.

Many of us have friends, family members, and even patients who are affected by diabetes. We hope to see you at the walk!



Right: Dr. Boehm & the Raleigh Foot & Ankle Center crew had a blast at last year's Step Out: Walk to Stop Diabetes.

Calendar of Events: What's going on at RFAC?

October 30 & 31: City of Oaks Expo

November 14: LifeTime Fitness Open House

November 7: Step Out Walk to Stop Diabetes

November 26: Thanksgiving Day

Get Social With Us

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

@raleighfootdocs on Twitter, Instagram, and Pinterest



Follow, like, or review!

FIND OUT WHAT OUR DOCTORS ARE UP TO 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.

SECOND SALON NOW OPEN

Raleigh Foot & Ankle Center now has a salon at our new location on Blue Ridge Road



Left: one of the cozy, comfortable pedicure chairs in our clean medical nail care salons.

You have corns and calluses, dry cracked feet, or even just plain, unpolished nails. You want to have them fixed by a professional. You want to go to the salon and be pampered.

But before you do, stop and think about this: did you know that your average salon is a potential breeding ground for bacteria and fungus, which could ultimately lead to a skin or toenail infection?

At Raleigh Foot & Ankle Center, we now have medical pedicure salons at each of our locations, Millbrook and Blue Ridge. What does that mean? It means that the pedicures take place in our office and our nail care program is supervised by our doctors. Our team is specially trained and our tools and equipment are sterilized using an autoclave to prevent the spread of infection.

Our nail care technicians provide highly personalized foot care for all patients who want beautiful, safe pedicures and callus care, including patients with diabetes. Our patients enjoy foot and nail care and spa treatments that are not only medically safe, but are also relaxing and soothing. The comfortable, clean environment with assure you that you're getting the best possible treatment.

To make an appointment at either our Millbrook salon or our Blue Ridge salon, call (919) 850-9111 and let us know where you would like to be seen, or visit our website at www.rfacnc.com today for more information.



**Raleigh Foot &
Ankle Center**

*Always accepting
new patients.*

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Raleigh Foot & Ankle Center
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