



FOOT FOCUS

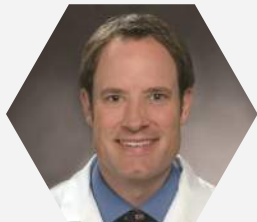
September 2015

MEET THE DOCTORS

This month we asked: Fall is here and that means one thing: football! Do you have a favorite football team?

"The Wolfpack. Is there another team?"

-Dr. Hatcher



"Minnesota Vikings! Growing up there, I am guzzling the Kool-Aid, despite zero championships in 44 seasons."

-Dr. Woelffer

"I don't watch many games, but I like the Philadelphia Eagles."

-Dr. Boehm



"In the NFL I like the Buffalo Bills. College? ECU Pirates!"

-Dr. Meyers

WE'RE EXPANDING!



Above: Coming this Fall, our new office on Blue Ridge Road!

This Fall we will open a new, second location at 2605 Blue Ridge Road, Suite 320, in Raleigh! This location is directly across Blue Ridge Road from Rex Hospital and next to Blue Ridge Pharmacy. It is easily accessible from Wade Avenue, I-40, and the Beltline.

The Blue Ridge location will be open Monday through Thursday from 8:00 am to 5:00 pm. All of our doctors will see patients at both locations.

To make an appointment, simply call our office at (919) 850-9111 and ask to be seen at our Blue Ridge location. We hope to see you soon!

Right: Our second office will be located near the intersection of Blue Ridge Road and Lake Boone Trail.



PRODUCT OF THE MONTH

◀◀ *Fungi Foam* ▶▶



GOT ATHLETE'S FOOT? NEED RELIEF FOR YOUR ITCHY, IRRITATED FEET?

Use FungiFoam antifungal treatment to treat and prevent Athlete's Foot!

Proven clinically effective in the treatment of most Athlete's Foot and Ringworm, and with daily use, prevents Athlete's Foot from coming back.

During the month of September, FungiFoam is 25% off! Just mention coupon code "FOAM25" or enter it at checkout at www.raleighfootstore.com to receive your discount. That's a savings of over \$9.00!

Offer cannot be combined with any other offers or discounts. Offer is good through September 30, 2015.

EMPLOYEE INSIGHT

Margie's Penne Sausage Pasta

Ingredients:

1 tablespoon olive oil	1/2 teaspoon each salt and
1 lb. smoked sausage, pepper	
sliced	1 10 oz. can Rotel
2 garlic cloves, minced	tomatoes
2 cups chicken broth	1 cup shredded cheddar or
1/2 cup heavy cream	Monterey jack cheese
8 to 10 oz. penne pasta	



Add olive oil to a large skillet. Sautee sliced smoked sausage and garlic. Add broth, tomatoes, cream, pasta, salt and pepper and stir. Bring to a boil, cover the skillet, and reduce the heat to low. Simmer until the pasta is tender, about 15 minutes. Remove from the heat, add the cheese, and serve.

Raleigh Foot & Ankle Center will be closed Monday, September 7th in observance of Labor Day.

Did you hear the joke about the gym sock?

You don't want to... it stinks!

CHEER US ON AT THE LEGEND RACE!

Raleigh Foot & Ankle Center is sponsoring the Legend Race on Saturday, September 19th in Oxford.

Raleigh Foot & Ankle Center is sponsoring the Legend Race on Saturday, September 19th in Oxford, NC. The Legend Race is an obstacle course and mud run that involves lifting, crawling, jumping, and climbing. Doctors Woelffer and Boehm will run the course this year!

This year's race benefits Warrior Wellness Solutions, a charitable organization that provides holistic and integrative health and wellness training and education to wounded, ill, and injured service members and their caregivers within the active, reserve, and veteran components.

If you're interested in participating in the race, you can pick up a brochure at our office, or register online at www.legendrace.com. Come on out and cheer our doctors on as they run the course!



Above: Dr. Woelffer climbing the wall at the Legend Race this past spring.

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

September 12: LifeTime Fitness Open House

September 19: The Legend Race in Oxford, NC

October 5: Our new location opens on Blue Ridge Road!

November 7: Step Out Walk to Stop Diabetes

November 14: LifeTime Fitness Open House

Get Social With Us

Follow, like, or review!

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



@raleighfootdocs on Twitter, Instagram, and Pinterest



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.

BACK TO SCHOOL

Follow these tips to make sure your child's feet are in tip top shape for the school year.



Summer is over and the kids are back in school. You've got everything handled—new backpacks, lunchboxes, school supplies, and clothes. But wait, did you remember shoes?

Children's feet grow very quickly. It's important to check for the right size shoe when you're out shopping. Make sure there is plenty of room in the toe box. No one likes their toes to be squished!

You should also make sure the shoe is of good quality. The heel should be stiff and it shouldn't collapse if you press on both sides of the heel. The shoe should be flexible enough to bend with the toes without bending too much.

Did you know that the doctors at Raleigh Foot & Ankle Center treat children? We treat children with flat feet, warts, ingrown toenails, sports-related injuries, and more!

All of our doctors are board certified foot surgeons, but they frequently treat patients using the most up to date non-surgical methods. Even better, our doctors are all parents so they have plenty of experience taking care of children!

Visit our website www.rfacnc.com 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.*

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

Coming soon, our new
location on Blue Ridge Road!

2605 Blue Ridge Rd.
Suite 320
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Raleigh Foot & Ankle Center
proudly uses Bako Labs