



# FOOT FOCUS

Raleigh Foot & Ankle Center Newsletter

SPRING 2017

## HAS WEARING CLOSED TOED SHOES ALL WINTER MADE YOUR FEET NEED SOME ATTENTION?



[www.raleighfootandanklecenter.com](http://www.raleighfootandanklecenter.com)

Many people have trouble caring for their feet and toenails. Some go to public beauty salons to take care of their toenails, but those

salons do not always practice good infection control. We have two on site nail care salons, one at each office. **Our Doctors and Nail Technicians are proud to say that 96% of our pedicure patients have given our salons a 5 star rating.**

### Frequently Asked Questions

Answers to your questions about our Onsite nail Salon

#### Q: What does a salon appointment cost?

A:

None of the nail salon services are covered by insurance. Your insurance will not be filed for these treatments, and payment is due at the time of treatment. A routine nail care pedicure costs \$40 and a full medical grade pedicure costs \$60. KeryFlex prosthetic toenail applications cost \$125 and covers one toenail. Any fill-ins or additional nails are \$62.50 each.

#### Q: What services do you provide?

A:

- A routine nail care appointment includes a toenail trim and shaping .
- A Medi-Cure (medical grade pedicure) includes a therapeutic foot soak to cleanse and soften your feet.
- Prosthetic toenails can be applied if you have fungal, broken, or damaged toenails. We use a product called KeryFlex to temporarily rebuild your nails using the gel system. The new prosthetic nail is attached to any remaining nail and has the look of a healthy nail.
- Our nail care technicians also provide a laser toenail treatment for patients suffering from toenail fungus.



Visit our salon today.

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...and more!

## UPS Health Fair with Raleigh Foot & Ankle Center

It was an honor to be at this year's 2017 Health & Wellness event hosted by UPS. UPS is a postal service carrier that provides day to day mailing throughout the country. Also, Logistics and distribution; transportation and freight (air, sea, ground, rail); freight forwarding to 195 countries; international trade management and customs brokerage. UPS has more than 500 facilities in more than 115 countries; 36.6 million sq. ft. Raleigh Foot & Ankle Center caters to quite a few UPS patients so it was a pleasure to see the day to day functions our patients do.



March 15, 2017 at RDU Airport -  
Morrisville, NC

## Clean Sweep: Toenail Fungus Kit

The Toenail Fungus Kit is a comprehensive kit for attacking toenail fungus. It includes Clean Sweep Antibacterial Spray and Clear Nails Pro anti-fungal solution. Spray the Clean Sweep in your shoes to kill bacteria at the source. Apply Clear Nails Pro to your toenails to stop the growth on your toenails. Get back to fungus-free toenails by stopping the fungus from all sources.

**Directions for Clear Nails Pro:** Less is better. Excessive amounts applied to the toenail can drip onto the skin around the toenail and may cause irritation. For best results, avoid using nail polish during treatment.

**Directions for Clean Sweep Antibacterial Spray:** Spray into each shoe and allow to dry completely. All inside surfaces of the shoe should be coated. If possible, remove insoles and coat thoroughly with Clean Sweep. Repeat until odor-free.

## Employee Spotlight



Lyndsy Sellars—employed  
since September 5th, 2000

Lyndsy Sellars is the Surgery Coordinator here at Raleigh Foot & Ankle Center. She has been with Raleigh Foot & Ankle Center for 16 years. During her free time she enjoys volunteering, and traveling. Lyndsy's favorite hobby is going to the beach and enjoying the whispers of the waves, the sound of the beach water and the relaxation of the sun. If you see Lyndsy in the office please make sure to tell her HELLO! Thank you for all you do and your hard work does not go unnoticed Lyndsy.



Clean Sweep Toenail Fungus Kit

Have you heard  
about our online  
store?

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

RALEIGHFOOTSTORE.COM

## Share the Care!

# 1

Refer a friend to  
Raleigh Foot  
& Ankle Center



# 2

Once your friend  
arrives for a new  
patient appointment...



# 3

You both receive 20%  
off an over-the-counter  
product!



### Share the Care

At Raleigh Foot & Ankle Center, we are committed to our patients. This means providing quality care and ensuring you have an excellent experience while in our office.

When you tell your friends and family about Raleigh Foot & Ankle Center, you could both be rewarded. Just make sure they list “Share the Care” as how they heard about us at check-in for their new patient appointment, and we’ll take care of the rest!

*\*Referring yourself or an already established patient does not qualify you for the discount. Discount cannot be used on items valuing greater than \$100.*



**CORNS**

**CALLUSES**

## Corns and Calluses FOOT CARE

Corns and calluses are areas of thickened skin that develop to protect that area from irritation. They occur when something rubs against the foot repeatedly or causes excess pressure against part of the foot. If the thickening of skin occurs on the bottom of the foot, it's called a callus. If it occurs on the top of the foot (or toe), it's called a corn.

### Causes

Corns often occur where a toe rubs against the interior of a shoe. Excessive pressure at the balls of the feet—common in women who regularly wear high heels—may cause calluses to develop on the balls of the feet. People with certain deformities of the foot, such as hammer toes, are prone to corns and calluses.

### Symptoms

Corns and calluses typically have a rough, dull appearance. They may be raised or rounded, and they can be hard to differentiate from warts. Corns or calluses sometimes cause pain.

### Home Care

Mild corns and calluses may not require treatment. If the corn or callus isn't bothering you, it can probably be left alone. It's a good idea, though, to investigate possible causes of the corn or callus. If your footwear is contributing to the development of a corn or callus, it's time to look for other shoes.

### When to Visit a Podiatrist

If corns or calluses are causing pain and discomfort or inhibiting your daily life in any way, see a podiatrist. Also, people with diabetes, poor circulation, or other serious illnesses should have their feet checked.



# Bob's Garden

Can you name each flower correctly out of Dr. Hatcher's Garden???

If you name each plant correctly you will receive a **FREE** salon pedicure. Submit your answers on the back of the newsletter and return to front desk.



## RFAC EMPLOYEE RECIPE:

### Kaitlyn's Strawberry Pretzel Cake



#### Ingredients

- 2 Cups crushed pretzels
- 3/4 cup butter, melted
- 1 (8 ounce) container frozen whipped topping, thawed
- 2 (3 ounce) packages strawberry flavored Jell-O®
- 2 cups boiling water
- 2 (10 ounce) packages frozen strawberries

#### Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Stir together crushed pretzels, melted butter and 3 tablespoons sugar; mix well and press mixture into the bottom of a 9x13 inch baking dish.
- Bake 8 to 10 minutes, until set. Set aside to cool.
- In a large mixing bowl cream together cream cheese and 1 cup sugar. Fold in whipped topping. Spread mixture onto cooled crust.
- Dissolve gelatin in boiling water. Stir in still frozen strawberries and allow to set briefly. When mixture is about the consistency of egg whites, pour and spread over cream cheese layer.

## Carolina Ballet 2017 Season

**The Ugly Duckling**, September 14-October 1

Fletcher Opera Theater

**The Legend of Sleepy Hollow and other Haunted Tales**, October 12-29

Fletcher Opera Theater

**Handel's Messiah**, November 22-26

Raleigh Memorial Auditorium

**The Nutcracker**, December 9-24

DPAC/ Raleigh Memorial Auditorium

**Romeo & Juliet**, February 1-18

Fletcher Opera Theater

**Boléro**, March 8-25

Fletcher Opera Theater

**George Balanchine's Serenade**, April 26-29

Raleigh Memorial Auditorium

**Sleeping Beauty**, May 17-20

Raleigh Memorial Auditorium

For more information and tickets, Please call the Carolina Ballet Box Office at 919-719-0900 or visit

## 20th Anniversary!!



Carolina Ballet is excited to announce its 20<sup>th</sup> Anniversary Season! It has been an honor to be part of this thriving community for the past 20 years! The 2017-2018 season will host some of our most iconic works as well as two world premieres. We are proud to share with you our 20th season!

Carolina Ballet is one of America's premier arts organizations. Launched as a professional dance company in 1997 under the direction of Artistic Director/CEO Robert Weiss, Carolina Ballet has since garnered critical praise from the national and international media, staged over 100 world premiere ballets, and toured internationally in China and Hungary. Weiss, former Artistic Director of the Pennsylvania Ballet and principal dancer at New York City Ballet under the legendary George Balanchine, programs traditional ballets by legendary masters and new works by contemporary choreographers. Carolina Ballet also has a variety of education and outreach

programming that reaches thousands of students per year. We hold student matinees at our theater to expose K-12 students to our world-class artistry, bring our dancers into schools to lead demonstrations and master classes, and provide hands-on residencies with teaching artists.





# OUR WINTER SHOE COLLECTION

Raleigh Foot & Ankle Center Vionic shoe collection is now available for purchase! You can come into our E. Millbrook location to buy these or call 919-850-9111 to hold a pair for 24 hours.



Grace Jura in Blue Snake \$129.95



Tide II in Cork \$64.95



Joel Chocolate / Tan \$ 99.95



Coast Valerie in Sand Stripe \$ 99.95

*\*Prices include tax*

## Health Tip From Your Doctor



Flexibility , the secret to injury prevention. “Bend but don’t break”, right? Start your day with stretching—feet, calves, hamstrings, back, shoulders. It will even feel good! This picture shows some good stretches to help ward off lower extremity injuries. Give them a try and keep on walking!!

We appreciate your feedback on any of the following:

Google, Facebook,



or Yelp and click "Write a review".

Go to Health Grades, or Rate MD's, and search for your specific podiatrist by last name (Hatcher, Woelffer, Boehm, or Meyers).



Click "Write a Review".

We appreciate your feedback, thank you!

# Capital Area Soccer League “CASL”



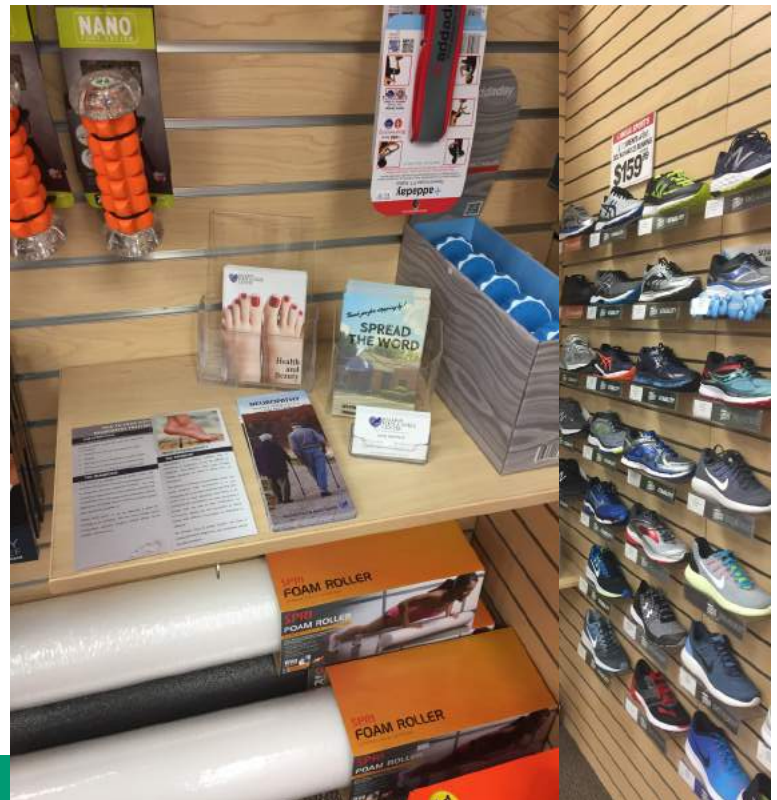
Capital Area Soccer League (CASL) is excited to enter into a collaboration with [North Carolina Football Club \(NCFC\)](#) and [Triangle Futbol Club Alliance \(TFCA\)](#) to combine our resources and expertise to create [North Carolina FC Youth](#). This collaboration, beginning Fall 2017, ensures our commitment to offer local players and families the best youth soccer experience and player development opportunities. North Carolina FC Youth will strive to be a great community partner and will continue to grow relationships with tremendous partners such as Raleigh Foot & Ankle!

## Omega Sports with Raleigh Foot & Ankle Center



The next time you are in the North Hills area please check out Omega Sports where you will find the best service in town for all your outerwear needs.

If you are in need of a great pair of walking/running shoes Omega sports will be the place for you. They are located at 4120 Main at North Hills St #145, Raleigh, NC 27609 .





## Name the flower from Dr. Hatcher's garden:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

## Contact Us

Visit us at either  
of our convenient  
locations:

1418 E. Millbrook  
Rd. Raleigh, NC  
27609

2605 Blue Ridge  
Rd. Suite 320  
Raleigh, NC 27607

(919) 850-9111

Visit us on the web at  
[www.rfacnc.com](http://www.rfacnc.com)

*Always accepting  
new patients!*

Be a Winner! Enter here [www.raleighfootandanklecenter.com/for-patients/contests](http://www.raleighfootandanklecenter.com/for-patients/contests)

## Get Social With Us!

Search for us on the following social media sites:

**Raleigh Foot & Ankle Center** or **@raleighfootdocs**



## Meet the Doctors

This quarter we asked our doctors: "What's your favorite thing to do this time of year?"



"Anything that involves being outside. I enjoy gardening or even working in my shop with the doors open"

-Dr. Hatcher



"Dog park, kid park, and outside dining with my wife!"

-Dr. Woelffer



"Get to the beach and spend as much time as possible outside with my family!"

-Dr. Boehm



"anything outdoors, which recently has been using chalk to draw on the sidewalk with my daughter!"

-Dr. Meyers