

## RID YOUR FEET OF PAIN

Foot pain can range from a dull, constant throb to a sharp, agonizing pain. If you have experienced foot pain, you know that neither is pleasant. There are a number of possible solutions that are available for treating foot pain; however, sometimes none of them seem to work.

MLS Laser Therapy is a non invasive and pain free treatment, that targets pain relief by reducing inflammation and pain to the problem area. The doctors at Raleigh Foot & Ankle Center are excited to offer the MLS Laser as a pain relief and pain reduction option.

If you are tired of the pain in your feet, MLS Laser Therapy could be an option for you. Don't forget that before you schedule your MLS Laser appointment, one of our podiatrists needs to confirm your diagnosis and recommend the MLS Laser. Call our office or visit our website for more information.

### Frequently Asked Questions

Answers to your questions about MLS Laser Therapy.

**Q: Who does MLS Laser Therapy help?**

A: The MLS Laser can be helpful in treating nerve pain, Neuropathy, tendon, ligament, or muscle injuries, pain and bruising. Also inflammatory problems, to name a few.

**Q: How do I know if MLS Laser Therapy is right for me?**

A: If you have foot pain and think the MLS Laser may help, talk to your podiatrist. He can diagnose you and help you decide if MLS Laser will work for you.

**Q: Will my insurance cover MLS Laser Therapy?**

A: Unfortunately, insurance does not cover MLS Laser Therapy.

*If you're tired of the pain in your feet, MLS Laser Therapy could be an option for you.*



Page 1 Dr. Meyers gets ready to use the MLS laser at our Millbrook office.

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Team RFAC at last year's Step Out | Walk to STOP Diabetes in Raleigh

## American Diabetes Month

November is American Diabetes Month. Read on to find out more about diabetes and how to keep diabetic feet healthy.

Did you know that diabetes affects more than 29 million people in the United States? One of the biggest risks for diabetic patients is problems with their feet.

There are a number of possible foot problems that can occur when you have diabetes. These include neuropathy, or nerve damage, and ischemia, or loss of circulation. Losing the feeling in your feet can prevent you from feeling when there is a problem with your foot.

Taking a few extra minutes each day to check your feet will help to prevent serious damage and keep your feet in the best possible health they can be!

If you have diabetes, you should be getting your feet checked by a doctor each year. If it's been a while since you've seen a podiatrist, give us a call and schedule your appointment today!

### Did You Know?

Statistics are provided by the American Diabetes Association.

- Nearly 30 million children and adults in the United States have diabetes.
- 86 million Americans have prediabetes & are at risk for developing Type 2 diabetes.
- If current trends do not change, an estimated 1 in 3 Americans will have diabetes by the year 2050.

### Step Out to Stop Diabetes

Each year, people all around the United States step out to raise awareness and knowledge in an effort to stop diabetes. You can join the walk, and Raleigh Foot & Ankle Center will be too! Join us on November 12th at NCSU's Centennial Campus. Check our Facebook for more information. Look for us in our blue RFAC t-shirts!

## Topical Antifungal Solution: Clear Nails Pro

Are you tired of dealing with unsightly toenail fungus? Clear Nails Pro is a topical antifungal solution that paints on like a nail polish.

A few months of using Clear Nails Pro on a regular basis should make a difference to your nails.

To get your Clear Nails Pro today, call us or visit our office and ask about our over-the-counter products.



Clear Nails Pro

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](http://RALEIGHFOOTSTORE.COM)

## HOLIDAY SHOE DRIVE

This holiday season, we're bringing back our holiday shoe drive!

Raleigh Foot & Ankle Center is partnering with New Balance Shoe Store in Raleigh and Durham to benefit the First Baptist Church in Downtown Raleigh's Homeless Mission Outreach and the Durham Rescue Mission, who are dedicated to fighting poverty through the collection of new and lightly-used shoes.

We're asking for your help! Collect new or lightly-used shoes and drop them off in the donation bins at our E. Millbrook office during the month of October until December. If you cannot make it to our office, then you can go to either New Balance Shoe Store in Raleigh or Durham. The owner of New Balance Raleigh, Mark Allard has been in business for 15 years and has been helping these charities and others for the majority of his time in business.

If you don't have any shoes to donate, feel free to donate cash as well in the donation bin.

Your contribution will help give children and adults locally a chance to protect their feet with a new pair of shoes.

Any style or size of shoe is welcome, as long as it is new or gently used. Thank you for helping us out!



Get more tips at [www.raleighfootandanklecenter.com/blog](http://www.raleighfootandanklecenter.com/blog)

## Colder Weather Cares

As we head into fall and then winter, the weather will start to cool.

In North Carolina, fall means unpredictable weather, both hot and cold. Here are some important tips to take into consideration for your feet this fall:

- **Clip your nails**—When warm weather keeps your toes in sandals, you may forget to keep your toenails trimmed. Keeping toenails too long with closed toed shoes in the fall can cause pain, blisters, and ingrown toenails.
- **Get support**—As you transition into boots and sneakers for colder weather, make sure you're selecting shoes with good arch support. If your shoes don't come with support, get a pair of custom-made orthotics to keep your feet supported.
- **Fit your shoes**—If your toes don't have room for wiggling around, the toe box is too tight! Make sure your feet fit properly, with wiggle room for the toes. Visit a shoe specialist or a pedorthist if you're not sure if your shoes fit well.

Remember, if your feet hurt or have problems, get them checked out! The podiatrists at Raleigh Foot & Ankle Center are happy to help you and your feet stay healthy through the colder weather months.

## Summer Fun at Raleigh Foot & Ankle Center

This summer, the doctors and staff at Raleigh Foot & Ankle Center stayed busy with a lot of events. We participated in a number of fun events all summer long and plan to this fall season!

We made an appearance at a number of fun events, from a few *Doctor Talks*, to the annual Juneteenth Celebration in Durham, to the Children's Good News Spectacular in the Jim Graham Building at the North Carolina Fairgrounds. We had such a blast getting out into the community and meeting lots of new people, while also seeing plenty of familiar faces. These events are a great opportunity to gather information about Raleigh Foot & Ankle Center, get some of your questions answered, and even be entered to win a prize! Don't miss us at any of our upcoming events where we have a booth!

## Mark Your Calendar (Upcoming Events)

- CASL Local League Play - Saturday, October 22nd, 9am to 4pm
- Life Time Athletic Club Business Member Open House - Saturday, November 12th, 9am to 1pm
- Raleigh City of Oaks Health & Fitness Expo - Friday, November 4th, 3pm to 8pm and Saturday November 5th, 10am to 7pm

## Doctor Talks

The doctors at Raleigh Foot & Ankle Center offer a free service; *Doctor Talks*. This is an opportunity for your group or business to have one of our doctors come out and speak about any foot problems people are experiencing and answer questions. We have already spoken to numerous groups like; The Raleigh Diabetes Support Group, ADP Raleigh Chapter, Running Mamas & Stroller Strides, Wake County Health Services; *Wellness Community Group*, and many more! If you're interested in scheduling a *Doctor Talk* with your group or business, then call (919) 850-9111 and ask to speak with Mary-Cate.



Page 4 Left: Dr. Boehm & Dr. Meyers @ State Employee Expo Right: Running Mamas

## RFAC EMPLOYEE RECIPE:

### Kaitlyn's Cornbread Casserole



#### Ingredients

- 1 (15 1/4-ounce) can whole kernel corn, drained
- 1 (14 3/4-ounce) can cream-style corn
- 1 (8-ounce) package corn muffin mix (recommended: Jiffy)
- 1 cup sour cream
- 1/2 stick butter, melted

1 to 1 1/2 cups shredded Cheddar

#### Directions

Preheat oven to 350 degrees F.

In a large bowl, stir together the 2 cans of corn, corn muffin mix, sour cream, and melted butter. Pour into a greased 9 by 13-inch casserole dish. Bake for 45 minutes, or until golden brown. Remove from oven and top with cheddar. Return to oven for 5 to 10 minutes, or until cheese is melted. Let stand for at least 5 minutes and then serve warm.



## UPCOMING HOLIDAYS

OUR OFFICE WILL BE CLOSED IN  
OBSERVANCE OF:

- Thanksgiving—Thursday & Friday, November 24-25
- Christmas—Monday & Tuesday, December 26-27
- New Year's Day—Monday, January 2

We hope you enjoy your holidays and have a wonderful time with friends and family!

*Carolina Ballet*  
2016-2017 Season

*La Mer*  
Fletcher Opera Theater  
September 15-Oct 2, 2016

*Don Quixote*  
Fletcher Opera Theater  
October 13-30, 2016

*Carmina Burana*  
Raleigh Memorial  
Auditorium  
November 23-27, 2016

*The Nutcracker*  
DPAC | December 9-11,  
2016  
Raleigh Memorial  
Auditorium  
December 16-24, 2016

*The Little Mermaid*  
Fletcher Opera Theater  
February 2-19, 2017

*Vivaldi's Four Seasons*  
Fletcher Opera Theater  
March 9-26, 2017

*Rhapsody in Blue*  
Raleigh Memorial  
Auditorium  
April 20-23, 2017

*Carmen*  
Raleigh Memorial  
Auditorium  
May 18-21, 2017

For more information and  
tickets,  
Please call the Carolina  
Ballet Box Office  
At 919-719-0900 or visit  
carolinaballet.com

## A Feast for the Senses



Carolina Ballet is excited to open its 19<sup>th</sup> Season! The 2016-2017 Season, *A Feast for the Senses*, will feature a world premiere ballet by Choreographer in Residence, Zalman Raffael, set to Debussy's *La Mer* as well as classic favorites like *Don Quixote* and *The Little Mermaid*. This year also

marks the 15<sup>th</sup> Anniversary of Carolina Ballet's annual holiday tradition, *The Nutcracker*. With shows for opera lovers, music lovers, and children of all ages, there is truly something for everyone on the program this 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 NEW FALL AND WINTER SHOE COLLECTION

Raleigh Foot & Ankle Center is excited to officially announce our new fall and winter Vionic and Dr. Comfort 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.



Gray Plaid Slipper \$74.67



Pink Plaid Slipper \$74.67



Moccasin Chestnut Slipper \$85.35



Moccasin Tan Leopard Slipper \$85.35



Midway Mary Jane Mule \$85.35



Bonita Pink Slipper \$74.73



Tonya Camel Slipper \$85.40

**\*Prices include tax**

Be entered in a drawing to win your own pair of SportSole Inserts by giving us feedback on any of these sites!

Go to 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!

*\*SportSole inserts can be found on our online store [www.raleighfootstore.com](http://www.raleighfootstore.com) or you can buy them at our E. Millbrook office.*

## Have You Seen Our New and Improved Salon?

Our Salon has had a complete makeover at our E. Millbrook office! We were able to get it redecorated and redone. You can see the difference in the included pictures, make sure to tell us what you think!



*A before picture of our salon Left: George R. Right: Arnold D.*

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.

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.

Patients with diabetes must be seen by one of our doctors first to make sure it is safe for you to have a pedicure, and you will incur a regular doctor visit fee, separate from the salon treatment fee. For more information on our salon or to book your appointment you can go to [www.rfacnc.com](http://www.rfacnc.com) or call 9191-850-9111.



*A picture of our salon after the remodeling*

Haven't been to our salons before? Here are some frequently asked questions:

Q: How is your onsite nail salon different than a regular salon?

A: Our nail care program is supervised by our podiatrists. Our nail care technicians are all medically trained.

Q: What services do you provide?

A: A routine nail care appointment includes a toenail trim and shaping while you relax in one of our massage chairs.

A: Medi-Cure (medical grade pedicure) includes a therapeutic foot soak to cleanse and soften your feet. Our technicians will also clean and smooth your cuticles, trim any corns and calluses, cut and shape your nails, and exfoliate your feet. You can choose a natural, buffed, or polished nail finish. We have a variety of nail polish colors to choose from.

## 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.*

## 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!*



## 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 during the holidays?"



*"For me it is about how I can maximize time with friends and family."*  
-Dr. Hatcher



*"Watch my kids lose their minds!"*  
-Dr. Woelffer



*"Spending time with family and watching my kids enjoy the magic and wonder of the holiday season."*  
-Dr. Boehm



*"Spending time with family and creating new memories!"*  
-Dr. Meyers