



FOOT FOCUS

DO YOUR TOENAILS LOOK LIKE THIS?



Before Laser Toenail Treatment



After Laser Toenail Treatment

Our patient Kimberly J. had this to say, "I had suffered from toenail fungus for years. I was very doubtful of the laser care package. The results I have gotten has been beyond the best care. I am very impressed and satisfied with my 8 months of laser care." If any of your toes look like Kimberly J.'s before picture of her left foot big toenail, you may have toenail fungus. We can help!

The days of living with toenail fungus are long gone. Laser treatment is the most effective way to treat your toenail fungus, and provides a great alternative to prescription medications. It makes a safe and effective option that works better than topical treatments and does not require any oral medications. If you are suffering from toenail fungus, Raleigh Foot and Ankle Center can help your toenails improve by using our laser treatment for your toenail fungus.



Dr. Woelffer performing Laser Toenail Treatment.

Frequently Asked Questions

Answers to your questions about Laser Toenail Treatment.

Q: How does laser treatment work?

A: You will feel warmth on your toes, but no pain. Anesthesia is not necessary for laser treatment, and there is no down time after the procedure. You should be able to return to your normal daily routine immediately after receiving this safe and effective treatment.

Q: When will my nails be clear?

A: You will begin to see the improvement in your toenail fungus as the nails grow out. Depending on how fast your nails grow, it could take 3-6 months (or sometimes up to 9 months) to see improvement.

Q: Will my insurance cover Laser Toenail Treatment?

A: Unfortunately, insurance does not cover Laser Toenail Treatment. Please check our website.

Check our website for more information at www.rfacnc.com

In This Issue

- Raleigh Foot & Ankle Center Educational Scholarship Page 2
- Winter Foot Care Page 3
- Professional Fire Fighters & Paramedics of North Carolina benefit Page 4
- A Feast for the Senses | The Carolina Ballet Page 5
- You Can Now Pay Your Bill Electronically Through Revity! Page 7

...and more!

Raleigh Foot & Ankle Scholarship Winner

Congratulations SY Teague as the first winner of the Raleigh Foot & Ankle Center Educational Scholarship. SY is currently attending Wake Technical Community College and hopes to major in Biomechanical Engineering at NC State University. His special interest is in developing new artificial limb technology to assist wounded veterans. We at Raleigh Foot & Ankle Center believe fully in this young man and look forward to seeing him progress through to his educational goals. Please join us in encouraging him. Also, we will be issuing another scholarship to a deserving student at Wake Technical Community College next year. If you would like to donate towards the Raleigh Foot & Ankle Educational Scholarship, then please email our Practice Manager, Mrs. Colleen O'Keefe at colleeno@rfacnc.com.



Mr. Teague is seen here being congratulated by Dr. Alan Boehm, one of the doctors at the Raleigh Foot & Ankle Center

Topical Antifungal Solution: DaniPro Antifungal Nail Polish

DaniPro is the only doctor formulated nail polish containing an FDA-approved anti-fungal ingredient to fight nail fungus. It's proven to kill the organisms that cause nail fungus. The nail polish is a smooth application and has a fast drying formula. You can use it on your fingernails and toenails. The unique shaker ball ensures consistency. DaniPro is available at our 1418 E. Millbrook location or on our online store www.raleighfootstore.com



DANIPRO ANTIFUNGAL NAIL POLISH

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

Another successful shoe drive!

Raleigh Foot & Ankle Center partnered with New Balance Shoe Store in Raleigh/Durham. We received multiple donations from our patients here in the office. Thank you to all who donated new or gently used shoes for our holiday shoe drive.

If you would still like to donate, please go to New Balance

(Raleigh or Durham)

shoe stores. All donations are going to the First Baptist Church in Downtown Raleigh's Homeless Mission Outreach and the Durham Rescue Mission.



It's Cold But Be Bold!

Happy New Year! I'm sure that a lot of you made New Year's Resolutions to improve your quality of life, especially related to your health. Many of us strive to eat more fruits and veggies, eat less snacks and chips, and of course, get more exercise. Maybe you're just starting out, or maybe you're already physically active and want to run your first marathon.

One thing always seems to get in our way: cold, dark weather. It can be very discouraging! How do I keep active when it's cold and dark outside? The answer: take little bites! Plan a schedule with short walks or runs every evening or morning. You'll avoid complete darkness and decrease your chances of overuse injuries like plantar fasciitis. Long runs in pitch-black darkness are a bad idea. If you do run in the winter evening hours, make sure you run in well-lit areas and wear bright, reflective clothing. Not only will cars be able to see you, but you'll be able to see any obstacles in ahead.

Make a schedule of easy to complete short exercise events. Get fresh air, burn calories, and stay fit until daylight hours increase. Spring will be here before you know it!! And you'll be ready. If you ever have any foot or ankle pain, whether you're exercising or not, remember that it's not normal. Thankfully we're here to help. You can call us at (919) 850-9111 or request an appointment online.



WINTER FOOT CARE

It's always important to take good care of your feet, but it's especially important in the winter. We put our feet at risk in the rain, snow, and ice; we wear the wrong kinds of shoes when we exercise or go outside to play with our kids. People suffering from diabetes need to be especially careful with their feet in the cold weather. Don't ever go outside barefoot! Doing so puts you at risk for cuts and bruises and even frostbite if exposure is prolonged. Always wear shoes that are supportive and fit properly. In bad weather, wear boots or shoes that won't allow water in, and limit the amount of time you spend outdoors. And wear shoes that are close-toed whenever possible. Late fall and winter is no time for sandals. Don't forget your socks! Socks should be snug – not loose and not too tight, either. They should never bunch up around the toes. And if your shoes and socks get wet, take them off and dry your feet and toes thoroughly before putting on a dry pair. When you do remove your socks and shoes, take some time to inspect your feet for any cuts or bruises. You can even use a small mirror to check the bottoms of your feet. This is important for diabetics because you may have injuries that you don't feel because of damaged nerves in your feet, or neuropathy. Neuropathy is a complication of diabetes that is dangerous because it can lead to a wound that becomes infected, and if left untreated, could even result in amputation.

If you have diabetes and are concerned about the health of your feet, make an appointment with one of the podiatrists at Raleigh Foot & Ankle Center. You can call us at (919) 850-9111 or request an appointment online. Our doctors have decades of experience caring for people with diabetes, and they've seen everything from neuropathy to painful diabetic foot ulcers. Make an appointment with us today.

Bob Builds a Boat!

Last year, Dr. Hatcher was building his very own sailboat out of his garage. The pictures below are where it all started.



After taking a break, the boat project is back on!

Projects finished

- Dagger board trunk
- All interior "furniture"
- Boom and mast
- Rudder and hardware
 - Mast step

Projects to go

- Mast and boat rigging hardware
- Interior and exterior paint/varnish
- Name of boat. (Belle Lydie)
 - Launch

90% done, 90% to go!



RFAC EMPLOYEE RECIPE:

Brittany's Chewy Bread



Ingredients

- 1 Bag of Brown Sugar
- 4 Eggs
- 2 Cups All-Purpose Flour
- 1/2 Teaspoon Salt
- 1 Teaspoon Vanilla Extract
- 1 Cup Chopped Pecans

Directions

- Preheat oven to 400 degrees F Grease a 15x10x1 inch jellyroll pan.
- In a heavy saucepan combine the sugar and eggs. Cook over medium heat, stirring constantly until sugar is dissolved.
- Remove from heat, stir in the flour, salt, vanilla, and pecans. Spoon mixture into the prepared baking pan and bake for 15 minutes in the preheated oven. Cool and cut into squares.

UPCOMING HOLIDAYS

Martin Luther King Jr. Day– Monday,
January 16th

Valentine's Day– Tuesday, February
14th

Presidents Day– Monday, February
20th

St. Patrick's Day- Friday, March 17th

OUR OFFICE WILL BE CLOSED IN
OBSERVANCE OF:

- New Year's Day—Monday, January
2nd

We hope you enjoy the holidays!

Carolina Ballet
2017 Spring Season

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

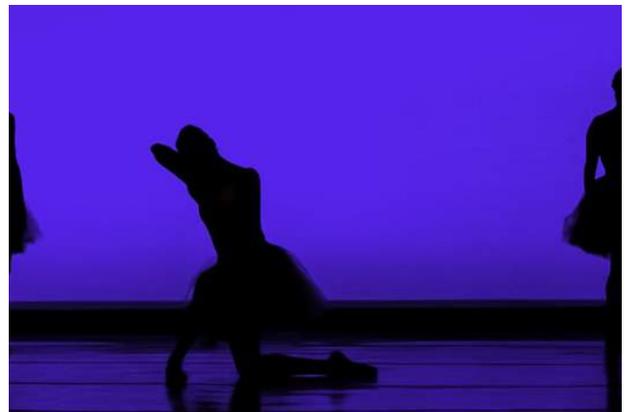
A Feast for the Senses



Carolina Ballet is excited to be in its 19th Season! The 2017 Spring Season, *A Feast for the Senses*, will feature *The Little Mermaid* choreographed by Lynne Taylor-Corbett and some fan favorites like *Vivaldi's Four Seasons* and *Carmen*. *Rhapsody in Blue* choreographed by Zalman Raffael, Choreographer-in-

Residence, features the classical jazz music by George Gershwin. With shows for jazz lovers, classical music lovers, and children of all ages, there is truly something for everyone on the program this spring 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.



Gray Plaid Slipper \$74.67



Pink Plaid Slipper \$74.67



Moccasin Chestnut Slipper \$85.35



Moccasin Tan Leopard Slipper \$85.35

**Prices include tax*

The RFAC Staff Christmas Party

At Milton's Pizza & Pasta

Thank you for all you do!



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!

You Can Now Pay Your Bills Electronically Through Revity!

Raleigh Foot and Ankle Center is pleased to announce that we now offer the option to pay your bills electronically through Revity!

Revity is a payment option dedicated to making it easy to receive and pay your bills. Simply opt-in to this new service to receive text and/or email notifications when your bill is ready to view. Revity will confirm your identity and then show you a simple total of your bill. You will have the option to view more details about your bill before making payment, such as copay, deductible and insurance discount. Payment is then made by credit, debit or HSA/FSA card and the funds are credited to your account within 48 hours.

If you would like to begin receiving bills through Revity, print the Opt-in Form below, and return it to us by fax: (919) 8502499, email: rfacnc@outlook.com, mail 1418 E. Millbrook Road, Raleigh, NC 27609, or on your next visit. You can find this form on our website; www.raleighfootandanklecenter.com/for-patients/overview



Sign up for Electronic Bill Pay



Raleigh Foot & Ankle Center will be offering mobile and email billing, to make payments fast and easy! If you sign up below, you can receive emails and text messages with a link to securely view and pay your bills.

- You will still receive a paper bill in addition to text and email messages.
- You can opt-out at any time.
- Your contact information will be kept secure and will never be used for advertisement.
- Your card will not be charged until you have reviewed your bill and authorized payment.

Name of person to be billed: _____

Email address: _____

Mobile phone: (____) _____ - _____

Birthdate: _____ / _____ / _____
MM DD YYYY

Name of patient (if different): _____

By signing below, I give my consent to be contacted about my bill via email and SMS, and for Raleigh Foot & Ankle Center and its partners to send by those means my protected health information. I understand that standard text message charges may apply from my wireless provider, my consent to the electronic bill-pay program is not a condition of my medical service, and that I may opt out at any time.

Patient's Signature

Date

Signature of Person to be Billed (if different)

Date

Relationship to patient

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Patient ID Number (internal use only)

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

*Always accepting
new patients!*



Be a Winner! Enter here 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 during the holidays?"



"Finish building my wooden sailboat and learn to sail"

-Dr. Hatcher



"No more late-night electronics!"

-Dr. Woelffer



"Take inspiration from my two daughters, and live more in the moment"

-Dr. Boehm



"Volunteer more within the community"

-Dr. Meyers