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Triad Foot Center *becomes* Triad Foot & Ankle Center

Triad Foot & Ankle Center

NEW NAME — SAME VALUES

FOOT CARE BY DOCTORS WHO CARE *isn't just a catchy tagline for the doctors and staff of Triad Foot & Ankle Center. For them, it is a guiding philosophy and standard of service that has made them one of the Triad's leading podiatry practices for 45 years.*

In 1972, Dr. Richard Tuchman opened the first Triad Foot Center in Greensboro. Since then, the practice has expanded to five locations throughout the Triad, including Burlington, Greensboro, Asheboro and High Point. The name recently changed to Triad Foot & Ankle Center to more accurately reflect all of the services offered, and now includes seven highly skilled physicians and board-certified surgeons from some of America's leading hospitals and universities.

"Triad Foot & Ankle Center's goal is to provide the best in podiatric medical and surgical care. That starts the minute you call to make an appointment and continues all the way to recovery when you're back on your feet and able to do the things you love to do," says Dr. M. Todd Hyatt. "We are passionate about foot and ankle care, our patients' well-being and ensuring they can live a life free of foot and ankle pain."

Dr. Hyatt is one of three physicians, along with Dr. Matthew Wagoner and Dr. Brent M. Evans, who treat patients at Triad Foot & Ankle Center's Burlington office and their other locations.

In addition to providing the best of care to their patients, the doctors also work to educate the community about the importance of foot and ankle care. Unfortunately, many people continue to have misconceptions about podiatric medicine. The misconceptions range from the idea that foot and ankle problems affect only senior citizens to the belief that podiatrists aren't true medical doctors—and neither could be further from the truth.

Doctors of Podiatric Medicine, also known as Podiatrists, undergo four years of medical school, followed by three to four years of surgical residency training, just like any medical doctor or orthopedic surgeon. Additional time is spent on education and surgical training specifically focused on the pathology of the lower leg. They also sub-specialize within their field to address specific areas of interest.

At Triad Foot & Ankle Center, Dr. Hyatt's medical and surgical specialty is bunion care, as well as vascular, dermatologic and orthopedic abnormalities of the foot, ankle and leg.

Dr. Wagoner concentrates on all aspects of podiatry from surgical reconstruction of foot deformities to ingrown toenails. Diabetic foot care and wound care are also among his specialties.

Sports injuries, ankle fractures, flatfoot reconstruction, lower extremity trauma and reconstructive surgery of the foot and ankle are among the specialties of Triad Foot & Ankle Center's newest physician, Dr. Evans.

In addition to their specific areas of concentration, every physician at Triad Foot & Ankle Center can provide expert care for all aspects of the foot, ankle and lower leg, treating the mildest cases to the most severe. Just as you would go to your dentist for a toothache, you should go to a podiatrist for problems with your lower legs, feet, and ankles.

And what are some of those problems?

Heel pain, also known as plantar fasciitis, is one of the most common complaints treated at Triad Foot & Ankle Center. Runners, athletes and every day working people who are on their feet all day can suffer from plantar fasciitis, which can often lead to pain in the heel first thing in the morning or after long periods of sitting.

Bunions, which are characterized by a bulging bump at the base of the big toe, make it painful to wear shoes and cause your big toe to bend inward and overlap the adjacent toes. This condition is most common in women. While people often believe that bunions are the result of wearing high heels, that isn't the whole truth. There are many factors that contribute to bunion deformity, like genetics.

Genetics also play a role in the development of hammertoes (thanks, Mom and Dad!). Hammertoes become painful when the toes raise and bend at the knuckle causing it to shift into a claw-like position.

Bunions and hammertoes are unsightly and painful, but relief is available through conservative treatments, followed by more invasive methods, like surgery, when all other options have been exhausted.

In addition to foot deformities and heel pain, Triad Foot & Ankle Center also provides treatment for other conditions like nail fungus, flat feet, sports injuries of the



Dr. M. Todd Hyatt

1. **Where do you live?** *I live in Burlington with my wife, daughter and two poodles.*
2. **What do you like to do in your free time?** *Travel, fish at the coast, SCUBA dive with my family, ride horses and educate.*
3. **What is one thing we might be surprised to learn about you?** *I was once a professor.*
4. **If you weren't a podiatrist, what would you be?** *A bartender.*
5. **What is your favorite thing about being a podiatrist?** *Having people tell me that they are no longer in pain and that through surgery, medicine or just advice, I have made a difference in their life.*



Dr. Matthew Wagoner

1. **Where do you live?** *I live in Greensboro.*
2. **What do you like to do in your free time?** *I like to learn to cook and be outside as much as possible.*
3. **What is your favorite thing about being a podiatrist?** *Getting to meet a wide variety of people and helping them feel better. When your feet hurt, it seems that your entire body hurts. It's nice to be able to help people.*
4. **If you weren't a podiatrist, what would you be?** *A marine biologist.*
5. **What is your favorite aspect of being a part of TF&AC?** *The patients. We have a phenomenal group of patients and I enjoy coming to work each day to help them.*



Dr. Brent Evans

1. **Where do you live?** *I recently moved from Miami FL and we purchased a home about 25 minutes north of Greensboro.*
2. **What do you like to do in your free time?** *I love attending my boy's football practices, night games in our yard and dates with my beautiful wife!*
3. **What is one thing we might be surprised to learn about you?** *I lived in Australia for two years, serving a church mission trip.*
4. **If you weren't a podiatrist, what would you be?** *I would most likely be an architect or general contractor.*
5. **What is your favorite thing about being a podiatrist?** *I love the opportunity to improve people's quality of life. As a podiatrist, you must always be attentive and on top of your game regarding foot and ankle issues.*

foot and ankle and diabetic foot care. Custom orthotics are also often prescribed to treat many common foot problems.

“Basically, if something is wrong with your feet, we can fix it,” says Dr. Wagoner. “From the lower leg to the toes, and every nerve and ligament in between is our specialty.”

Patients can expect state-of-the-art technology when receiving treatment at Triad Foot & Ankle Center. The physicians employ the latest techniques to provide the best outcomes for their patients.

“Our goal is to get you back on your feet and back to your daily life as quickly as possible,” says Dr. Evans. “That means we stay on top of the latest methods of treatment and undergo continuous education to ensure we are providing the quality of care our patients deserve.”

Triad Foot & Ankle Center is also passionate about educating the community on foot healthcare. Your feet have more than 50 bones, 60 joints, and 200 muscles, tendons and ligaments that hold them all together and make them move. If you neglect your feet, it can affect your entire body.

For people constantly on their feet at work, foot health is even more important because it can affect their ability to earn a living. Choosing the proper work shoes is imperative to help reduce the wear and tear your feet endure throughout life. It’s important to regularly purchase new work shoes suited for your specific job. Over time your shoes wear down and lack the support they once offered. It is recommended that you take the sole out of your new pair of shoes and write the date on the bottom of them; this way you remember when they were purchased and are aware of when you should buy a new pair, which is every three to six months. For athletes, you should buy shoes every 500 miles.

The highly advertised over-the-counter shoe insert is also a topic the podiatrists at Triad Foot & Ankle Center regularly educate their patients about. “Everyone has a

different foot shape, mechanics and gait. It’s impossible to group everyone into a ‘number,’ says Dr. Wagoner. “Purchasing over-the-counter insoles, instead of obtaining a prescription for custom orthotics from a podiatrist, can actually exacerbate your foot problem. Custom orthotics are molded specifically for your unique foot shape, size, width and support your foot needs.”

But it’s not all work and no play at Triad Foot & Ankle Center.

On any given day, there are treats being handed out to the patients, staff dressed up celebrating various holidays and community events the staff is attending.

“Community is really important for us,” says Dr. Evans. “We like to give back to the people who put their trust in us, which is why we support our community through school and sports sponsorships, volunteer efforts and community clinics. Burlington is a great community and we want to help make it the best place to live, work and play.”

It all goes back to the core philosophy that has guided Triad Foot & Ankle Center for 45 years: “foot care by doctors who care.”

“We’re a family and our patients are an extension of that family,” says Dr. Hyatt. “We treat every person as if they are our mother, father or sibling walking through the door and we ensure they are given the same care we would want our loved ones to receive.”

Located in the Westbrook Professional Village, at 1680 Westbrook Avenue in Burlington, Triad Foot & Ankle Center is accepting new patients for all physicians.

At the Burlington office, patients receive expert care from Drs. M. Todd Hyatt, Matthew Wagoner and Brent M. Evans

Appointments can be made by calling (336) 538-6885 or by requesting an appointment on Triad Foot & Ankle Center's website at triadfoot.com



Triad Foot & Ankle Center

Partnering for exceptional care.

Foot care by doctors who care... 1680 Westbrook Ave, Burlington NC ♦ (336) 538-6885

FOOT FACTS FOR HEALTHIER FEET



Triad Foot & Ankle Center

www.triadfoot.com

3 out of **FOUR** Americans experience serious foot problems in their lifetime.

52 bones in the feet!



250,000 sweat glands that can excrete up to a half-pint of moisture daily.

Each of your feet have

107 ligaments

26 bones

19 muscles

33 joints

When running, pressure on the feet can be **4x** the runner's body weight.

Approx. **15%** of sports-related injuries affect the foot alone.



5% of people have corns/calluses



5% have fungal foot infections



65% of diabetics will have damage to their feet



5% have ingrown toenails