



TRIAD FOOT CENTER

Triad Foot Center's
Podiatrists (left to right)
Dr. Kathyrn Egerton, DPM;
Dr. Richard Sikora, DPM;
Dr. Todd M. Hyatt; DPM
Dr. Norman Regal, DPM

PUT YOUR BEST FOOT FORWARD

“At Triad Foot Center, our goal is to get you back on your feet as fast and painlessly as possible.”

From the moment we take our very first steps, there’s good reason to take special care of our feet. After all, our hard-working feet play an important role in our mobility, enabling us to lead active and healthy lives.

In fact, the 52 bones, 107 ligaments, 19 muscles and 33 joints in our feet are subjected to near-daily punishment, whether from high heels or “cute,” but ill-sized shoes worn in the name of fashion, flip-flops that lack proper support, or even expensive sneakers suited for athletic pursuits other than the actual game you’re playing at the moment.

*Dr. Norman Regal
zaps a patient's heel
pain with state-of-the-art
laser technology*



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Even so, other than a regular (or even occasional!) pedicure, most of us do little to quiet our barking dogs according to the specialists at Triad Foot Center. More exasperating still, they say, we ignore early warning signals, only turning to foot care professionals in times of serious, but often preventable, injury and pain.

“Women statistically have more foot problems than men, mostly due to their choices in footwear,” said Triad Foot Center podiatrist, Kathryn Egerton. “Many women don’t even realize that a mere two-inch heel can increase pressure to your feet substantially, which in turn increases their risk for foot pain, hammer toes, and bunions. While many of these conditions may be hereditary, the symptoms can be exacerbated with certain types of shoes.”

As a leading foot and ankle care provider, Triad Foot Center, with three convenient locations in Greensboro, Burlington and Asheboro, is one of the largest

podiatric practices in the Piedmont Triad. Founded by Dr. Richard Tuchman in 1972, the thriving practice known both regionally and nationally, has grown to include six podiatric doctors: Dr. Norman Regal, Dr. Richard Sikora, Dr. M. Todd Hyatt, Dr. Kathryn Egerton and Dr. Matthew Wagoner. All of the doctors can perform surgery when needed.

With more than 100 years of combined experience in podiatric medicine, the team is qualified to provide total foot and ankle care for a myriad of problems, from sports injuries to skin problems, sprains, fractures and arch pain. Their equipment and facilities are state-of-the-art and include in-office operating suites where minor surgeries are performed. (More complex surgeries are performed at affiliated hospitals or surgery centers). That said, the overarching goal at Triad Foot Center is to employ medications, orthotics, lasers and other methods to prevent the need for surgery.

*Dr. Richard Sikora, DPM,
reviews X-Rays of a patient's foot*



Preventive care offered

For most that spend plenty on painted toes, **nail fungus** is usually considered a bothersome, but purely cosmetic problem. Not so. A bad case of nail fungus may not only be unsightly, but dangerous. Worse, left untreated, fungus can cause permanent damage to nails and lead to other serious infections that spread beyond your feet. This is particularly true for the millions with suppressed immune systems due to medication, diabetes or other conditions. The good news is that there's no reason to suffer or let a nail fungus infection get out of hand. Triad Foot Center offers the only laser treatment currently available in the Triad designed to quickly zap the problem.

Plantar fasciitis is another good example of a painful, nearly debilitating foot problem often left unchecked. The current protocol includes anti-inflammatory drugs, steroids, a boot, or orthotics. If an orthotic insert is recommended, Triad Foot Center has the capability to scan a 3-D image of your foot in office, write a prescription and submit both to a quality orthotics manufacturer, ensuring a near-as-possible fit. Better yet, Triad Foot Center's scanned and prescribed orthotic inserts will last five to ten years, while orthotics purchased over the counter typically last patients a few short months.

Dr. Egerton is excited to offer new technology as part of their offerings. "As part of our continuing efforts to remain on the cutting edge of patient care, Triad Foot Center is installing a new and innovative technology this spring. EPAT, or Extracorporeal Pulse Activation

Therapy, is an FDA-approved, highly effective, non-surgical treatment for acute and chronic heel pain associated with heel spurs, plantar fasciitis, Achilles tendonitis and neuropathy. While we've offered EPAT for some time, we have upgraded machinery and protocols to the latest in podiatric care."

Along with a commitment to using the latest methods and equipment, these committed doctors have always shown superior expertise in the care of their patients and how the practice is managed. They go above and beyond in their support of the community, sponsoring ten different leagues with the YMCA, complete with their own, fun-loving mascot, Big Foot. Given their special emphasis on feet, the team is also involved in the Winston Color Run, Women's Only Asheville Run, The TaTa Run in Burlington, and The Asheboro Zoo Run. Additionally, Dr. Regal is passionate about the Junior Diabetes Research Foundation Walk, and Dr. Sikora is a tireless and long-term devotee with Health Serve.

Should you ever incur an injury during working hours, skip the long waits at local emergency rooms or urgent care facilities. Instead, make tracks to Triad Foot Center where the team has all the medical equipment to attend to suspected broken bones, including digital imaging and a casting room. Simply call ahead and let them know you are on the way. Triad Foot Center is also now offering appointments every other Saturday. To ensure you remain footloose and fancy free, simply call for appointment hours and days of availability. You can get more information, including a comprehensive patient education library, at TriadFoot.com.

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*Dr. Todd M. Hyatt, DPM,
discusses a patient's
foot care needs.*



*Triad Foot Center's team
of highly skilled staff at
the Greensboro office.*

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TRIAD FOOT CENTER LOCATIONS

Greensboro Office

2706 St. Jude Street
Telephone: 336-375-6990
Fax: 336-375-0361
(Cone Blvd & Church Street)

Burlington Office

1680 Westbrook Avenue
Telephone: 336-538-6889
Fax: 336-538-6889
(Westbrook Professional Village)

Asheboro Office

220 Foust Street
Telephone: 336-625-1950
Fax: 336-625-0980
(Behind Randolph Hospital)