

# RICHARD C GALPERIN DPM

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NEWSLETTER

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## Check us out in the Southwest Now Magazine

*We're famous!*

**Richard C Galperin DPM**

*A Division of Podiatric Medical Partners of Texas (PMPT)*



BusinessNOW  
Richard C.  
Galperin, DPM

— By Adam Walker

### Richard C. Galperin, DPM

Doctor's office:  
801 N. Zang Blvd., Ste. 103, Dallas, TX 75208  
dgalperin.com  
Facebook: Richard C. Galperin DPM  
Hours: Mondays and Thursdays: 9:00 a.m.–6:00 p.m.  
Tuesdays, Wednesdays and Fridays: 8:00 a.m.–4:30 p.m.

Nail MD Spa Medical Nail Salon and Aesthetics:  
801 N. Zang Blvd., Ste. 104, Dallas, TX 75208  
nailmdspa.com  
Facebook: Nail MD Spa  
Instagram: Nail MD Spa  
Hours: Mondays–Fridays: 9:00 a.m.–4:00 p.m.  
Most Saturdays: 9:00 a.m.–3:00 p.m.



Dr. Richard Galperin has been practicing for 26 years, and his office in the Bishop Arts neighborhood of Oak Cliff has all the latest equipment. "I specialize in diabetic foot ulcers, but I treat all kinds of foot problems, from infections to heel pain, from bone spurs, plantar fasciitis, fractures and sports injuries to simple ingrown toenails. I love what I do. I like to spend time with my patients, getting to know them as if they were family. People come in scared sometimes, but they leave with a smile and complimenting my staff."

"We have many options for treating plantar fasciitis, and a variety of non-surgical ways to treat other foot conditions, as well as surgery. Our heel pain center has a 95-percent success rate without surgery. Our cutting edge EPM machine allows for non-invasive treatment of heel spurs and plantar fasciitis."

Their infusion center for treating infections allows them to treat patients in the office, without hospitalization or a PICC line. "There are very few places in the whole Metroplex that do

infusions or that have in-office wound care and heel pain centers," he said.

Some of Dr. Galperin's treatment technologies aren't even available on the market for other doctors, yet. "I have them because I'm participating in research studies on the treatment of diabetic foot ulcers. We are always accepting new patients into our studies."

In the past, many of Dr. Galperin's patients came because of age-related foot conditions, but today, more and more of them are seeking treatment for sports-related injuries like fractures, tendon issues and sprained ankles.

The medical nail spa across the hall, which he developed, is staffed by medically trained medical nail technicians. "It's one of a kind. It's a true medical nail spa," Dr. Galperin said. "It's unique because all the employees are certified as MNTs, medical nail technicians. They know how to care for patients who have diabetes, peripheral vascular disease and cancer or are immune-compromised, as well as people who are just looking for a healthy environment for regular manicures, pedicures and facials. We maintain a medically safe environment under direct doctor's supervision. Many diabetics are not supposed to go to neighborhood nail salons, because of the risk of infection, but our staff is medically trained in how to properly sterilize everything." The spa also offers a range of fashionable shoes, including heels and diabetic footwear.

Dr. Galperin's knowledge and sense of humor make him a sought-after speaker at area hospitals and at events in other states. His patients frequently comment on his humor in reviews. Patients also enjoy Friday appointments when Dr. Galperin's Shih Tzu, "Digger Cassie," comes for furry Fridays to brighten the recently remodeled offices with her charms. "We moved to this facility 3 years ago and completely redid the inside. One important thing to note is that we have plenty of parking, even though we're in Bishop Arts, which isn't true of much of the area."

Are you looking for relief from painful feet? Dr. Galperin and his staff — Tonya, Edith, Nicky and Leisa — want to show you how they can help. ☺

### Do You Have a Foot Ulcer?

Dr. Galperin is Now Conducting a Diabetic Foot Ulcer Clinical Research Study

For more information, please call: (214) 330-9299



Richard C. Galperin  
D.P.M., F.A.P.W.C.A.

To be considered for participation, you [Go to website](#)

- Have type 1 or type 2 diabetes Mellitus
- Be at least 18 years old or older
- Have at least one diabetic foot ulcer

At no cost, participating patients will receive:

- Compensation for time and travel
- Offloading Boot
- Primatrix or Standard of Care treatment of wound
- Study-related podiatry care
- Wound dressings

Providing foot care to the community for over 25 years.  
Board Certified in wound care.

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## What's Causing Pain in my Arch?

Pain in the arch of the foot is quite common. Adults and kids are equally prone to pain here. In kids, flat feet are most often the foot type that causes arch pain; in adults, high arches can also be the culprit.

Arch pain can occur because of an injury, but most often that isn't the cause.

Having a job that involves standing all day can predispose you to pain in this part of the foot.

The symptoms of arch pain can be aching, sharpness, cramping, or throbbing *sensations*.

*There are several causes of arch pain, but three of the most common are:*

*continued on Page 2*

**Tendinitis**

There are a few tendons that attach to bones near the arch of the foot. One of them can get strained, causing pain with every step.

Someone with flat arches (flatfeet) is more prone to straining one of these tendons. The pain can occur in the arch or bottom of the foot, the inside of the ankle, or the top of the foot.

**Pinched Nerve**

Just like Carpal Tunnel in the hand, a nerve in the foot can get pinched, causing pain in the arch. The term is Tarsal Tunnel. The nerve gets pinched just below the ankle but the pain can radiate to the arch.

The symptoms of a pinched nerve are sharpness, aching, cramping, or pins and needles. Pain from a pinched nerve can be bothersome even when sitting or lying down, unlike pain from a tendon, ligament, or bone.

**Plantar Fasciitis**

This condition is much more common in the heel but can occur in the arch. A person with a low or high arch can strain the plantar fascia. Usually, the pain is very localized to the arch as opposed to the other two conditions noted here.

A lump can develop in the arch, causing pain from walking barefoot or wearing certain shoes. This is known as a Plantar Fibroma. It's a form of a tumor but not serious. Any lump on the foot should be checked for the possibility of something more serious than a benign lesion.

If you have pain in your arch(es), start by making sure your shoes have good support. If shoes make your arch hurt more, it could be a sign of a pinched nerve or a torn tendon. Like most other foot conditions, temporarily avoid jogging and jumping to allow the foot to rest. Ice and an anti-inflammatory can help. A soft, inexpensive store-bought insert may relieve some of the pain. Also, being barefoot on a hard surface isn't recommended.

As always, if your arch hurts for more than a couple of weeks, having us evaluate it is in your best interest. We've discovered tears, broken bones, and tumors that could have caused long-term suffering had the patient waited too long. Long-standing pain in the arch of the foot can be difficult to relieve. In some cases, we've had to resort to a cast or surgery.

It's common to try a new or different pair of shoes if your arch(es) hurt. However, don't fall into the trap of buying multiple pairs if the first couple don't help. We're astonished how much money some people will spend on shoes, inserts or other home remedies before seeking medical attention. It's usually cheaper and faster to have us get the solution you need.

Arch pain can slow you down if you let it. Since there are many possible causes, the sooner you have a specialist address it, the faster you can get back to doing what you enjoy without the pain.

We are here to help you get fast relief and avoid surgery.

**Healthy Feet, Healthier Life**

Many people have intentions of getting healthier in the new year but foot pain slows them down. Do you know someone like this?

A healthier life starts with healthy feet. If you hear of someone talking about a foot problem slowing them down, let them know about us.

We welcome the opportunity to help a friend, coworker or loved one get fast relief from foot pain.

Happy New Year!

Dr Galperin

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**Office Hours:**

<b>Monday:</b>	9:00am – 12:00pm	-	1:00pm – 6:00pm
<b>Tuesday</b>	8:00am – 12:00pm	-	12:30pm – 4:30pm
<b>Wednesday</b>	8:00am – 12:00pm	-	12:30pm – 4:30pm
<b>Thursday</b>	9:00am – 12:00pm	-	1:00pm – 6:00pm
<b>Friday</b>	8:00am – 12:00pm	-	1:00pm – 4:30pm
<b>Saturday &amp; Sunday</b>	Closed		

