

RICHARD C GALPERIN DPM

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NEWSLETTER

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Check us out in the Life in the Cliff Magazine

We're famous...again!

Richard C Galperin DPM

A Division of Podiatric Medical Partners of Texas (PMPT)



Dr. Richard Galperin, DPM

Place Your Feet In His Hands

Meet Dr. Richard Galperin, a podiatrist who has practiced here in the Cliff Club DPM neighborhood since 1992. He recently sat down with Dr. Galperin to learn more about him and his passion for his patients and his practice. He also owns Nail MD Spa - "your fix for beauty" - which is just across the hall from his office and is the perfect place to be pampered!

Where did you grow up? How long have you lived in the area? Tell us about your family I grew up in Toronto, Canada. There, I was able to acquire a wealth of experience and knowledge at a number of unrelated jobs while still going to school. I did everything from removing paint from large machinery to caddy-ing at a local golf club to working as a salesman at some of the finest jewelry stores in the city, including the Cartier Boutique (one of only six in North America at that time). I later bought and renovated several homes—including one I turned into a triplex—which helped support me during my schooling. I received my Bachelor of Science from the University of Toronto and then completed my

first medical certification when I became a chiropractor. I practiced for a short period of time before moving to New York to continue my schooling for my second medical degree.

My mother and dad reside in Toronto. My dad's first career was in the jewelry business. He had two successful jewelry stores in the finest shopping districts in Toronto. His second career was in the building business. He built many single-family homes in various parts of the city and also delved into developing serviced lots for homes. He eventually became a real-estate investor, owning and managing a number of properties. During World War II, he enlisted and served in the Canadian Reserve Army for two years. The fact that they still live in Toronto gives me an opportunity to remain



sponsor spotlight
An international area of mystery as I tried to visit them on a regular basis. My parents have been my greatest advocates over my lifetime, and I credit them for their unyielding support and their love. This has allowed me to excel in whichever field I chose to pursue.

Tell us about the events that led up to where you are now (e.g., education, career path).

After completing my Doctor of Podiatric Medicine degree in New York City, I moved to Dallas to complete my surgical residency program. I had such an incredible experience that I decided to stay and build my career. I was very fortunate to be recruited by the hospital where I trained and began specializing in complicated patient issues, such as patients who suffered from diabetes, advanced vascular disease, and other systemic disorders. Although I did have a wide variety of patients, I became more and more interested in limb salvage and the role diabetes plays in the lower extremities. I am a podiatrist and foot surgeon and have been in practice since 1992. I am sincerely fortunate and continually benefit from working with the first person I ever loved. Tonya is not only a wonderful friend but has become one of the best practice managers in the business, excelling at finding new and innovative ways to enhance the patient experience at our office. It is almost impossible that we not only provide the best quality care available but that we can provide a pleasant and rewarding experience. People are usually anxious or apprehensive about going to the doctor. We try to give you that old-fashioned, individual-attention-oriented visit. We hope we will succeed in helping reduce the stress and put a smile on your face and a happy tingle in your toes by the time you leave.

What is unique about your business (what sets you apart from the rest)? I am board-certified in wound care, and it is my passion. I am an advocate for foot care and safety for diabetics. Also, after years of research and exploration, I opened Nail MD Spa to cater to those who cannot or should not visit typical nail shops.

Given your business expertise and the nature of what you do, what advice (whether general or specific) can you offer to the residents? Take care of your feet! They're the only set that you're going to get. You never know how much you depend on your feet until you have a foot problem. And, especially if you're diabetic, you should be checking your feet daily and seeing your podiatrist at least once a year.

What else should we know about you, your family, or your business?

I am very proud that our vision to provide a safe environment for diabetic, vascular-compromised patients, and just health-conscious individuals has been so warmly and eagerly accepted. Our patients' evidence has been recognized on radio-510, the Dallas Morning News, and The Advocate as being groundbreaking and unique to the DFW area. Our foot spa is a separate business from my medical practice. It is open to the public and open on weekends. One of our unique features is that we utilize licensed Medical Nail Technicians (MNTs) for a safer, cleaner pedicure and manicure, as well as facials. As the Medical Director, I am readily available to review the daily activities and an "on-call" to meet clients and answer any questions about possible conditions or prevention.

Come see us! You don't know how good you can look and feel!

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FOOT NEWS YOU CAN USE

Foot Orthotics Provide Viable Treatment for Back and Hip Pain

One of the most incapacitating injuries is chronic low back pain. The problem is so severe that one-half of all adult Americans admit to having back pain symptoms each year. According to the American Chiropractic Association, chronic low back pain is one of the most common reasons for missed work. In fact, more than \$50 billion is spent each year on treating low back pain.

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Recent research suggests that back pain may be closely linked to poor or improper biomechanics. Many researchers, in fact, agree that chronic or low back pain may be significantly related to how you walk (gait style), a reason we are shifting our focus to the feet to treat hip and back pain.

Everyone knows that low back pain is a recurrent problem. Why? Because most doctors do not look at the way you walk. One flaw in your gait style can lead to strain on your back. Using custom foot orthoses to change the mechanics of foot function may improve hip extension and create prolonged relief of low back symptoms

Using foot orthotics to effectively treat hip and low back problems has been studied extensively by Dr. Howard Dananberg, a renowned podiatrist in Bedford, New Hampshire. Through computerized in-shoe pressure testing, he found that a specialized orthotic eliminates the flaw that causes strain on the back. Getting the feet to function exactly as they are supposed to allows the hips to extend properly. Normal hip extension during gait eliminates strain on the back.

We have witnessed countless cases of custom foot orthotics relieving hip and back pain. In our opinion, anyone who suffers from chronic hip or back pain should be evaluated by a podiatrist to assess their feet. Since your doctor may not consider your feet as a possible cause of the pain, you'll have to take it upon yourself to be proactive.

Medications, rest, exercise and weight loss may all be effective in relieving hip and back pain. Unfortunately, they are not a cure in most cases. Eliminating the cause of the pain should be the ultimate goal. Since faulty foot mechanics are often the cause of back pain, using custom foot orthotics can be worth a lifetime of relief from this otherwise chronic condition.

Give Some Love...

In the month when love is on our minds more,
how about extending some to a friend or
coworker
who may have mentioned a foot problem?

Many people don't know where to go for
a foot concern if they've never had to see a
podiatrist.

We would be honored if you recommended us.
We'll make their feet feel good again.

Happy Valentine's Day!

Dr. Galperin

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Office Hours:

Monday:	9:00am – 12:00pm	-	1:00pm – 6:00pm
Tuesday	8:00am – 12:00pm	-	12:30pm – 4:30pm
Wednesday	8:00am – 12:00pm	-	12:30pm – 4:30pm
Thursday	9:00am – 12:00pm	-	1:00pm – 6:00pm
Friday	8:00am – 12:00pm	-	1:00pm – 4:30pm
Saturday & Sunday	Closed		

