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# RICHARD C GALPERIN DPM

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## Patient Success Story of the Month

*Healed Fractures*

**Richard C Galperin DPM**

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

On of our very pleasant female patients presented to our office complaining of pain in her right foot. Her passion is to plant beautiful flowers every year and she is very proud of her garden. Several weeks earlier while planting some new editions, she tripped in her flower garden. She waited about 10 days hoping her foot would improve. Unfortunately, it was getting worse. She went to see her Primary Care Physician, who evaluated the problem and referred her to our office.

### The Solution

Digital X-rays, which can reveal immediate results, confirmed the source of her unresolved pain. She had

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## It's Been 1 Year Already

*Can you believe it? I can't*

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Memorial Day week-end 2016, my office wasn't out eating hotdogs & ushering in the un-official start to the summer. We were sweating it up though. With the help of a moving company, we were able to move 23 years of Podiatry from our one & only (til then) location on Hampton Road, to 801 N Zang Blvd – still in Oak Cliff – in Kidd Springs neighborhood – near Bishop Arts District.

### How We Got Here

It was not an easy transition to say the least. But, it was certainly a welcome one. This is something I had wanted to do for a very long time. My Practice Manager and I spent an untold amount of lunch breaks driving up & down the streets near Methodist Dallas Medical Center, trying to find a building for sell; an empty lot; even an old house we could renovate into an office - anything that would give us hope that we could do something with it and make it into our new office.

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*801 N Zang Blvd.*

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## Ingrown Toenails

Contrary to popular belief, *ingrown nails don't grow in*; the reality is that the flesh around the nail is forced so close against the side of the nail that it seems to be growing into the flesh.

Initial signs that there may be a problem are:

- abnormal changes around the skin especially in the corners;
- thickening, discoloration or callus formation (indicating that a constant stress is being applied to the area.)

As this condition progresses, the area may become red, swollen, and tender. Eventually the nail may penetrate through the flesh and develop into a medical emergency. The toe at this point may become infected producing foul smell or pus.

The most common toe affected by this condition is the great toe, but could be found in any toe on either foot. Often this is caused by **pointy shoes**; the sides of the shoes cause pressure on the sides of the nail which in daily use can force the nail plate down towards flesh. Other typical causes are wearing *shoes that are too short, tight hosiery or injury*. Another common cause is **poor nail cutting**. Typically, people will cut down the sides of the nail to reduce the pressure. This is only a temporary fix and if a sharp edge is left, the nail may penetrate into the skin as it grows forward.

## Prevention

So, what can be done to help prevent or improve this condition?

- Proper nail cutting is key prevention. Cutting the nails straight across and using an emery board to round the edges is a good way to keep the nails less offensive to the surrounding skin

- Wear proper fitting shoes that fit right, allowing for your toes to move and complement the shape of your foot.

- Avoid wearing tight fitting hose or socks.

- There are vitamins available that will help strengthen as well as beautify your nails.

***If you are a diabetic, or concerned that you may have or are developing an ingrown toenail, see a podiatrist. Most conditions can be easily corrected at chair side, usually the same day, allowing you to return to your normal footwear immediately.***

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*Avoid wearing too tight fitting hose or socks.*

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suffered multiple bone fractures of her metatarsals (the bones of the foot.) If untreated, this could have resulted in a surgical procedure being required and an extended post op care. We were able to review the x-rays with the patient, pointing out the injury and possible risk factors if treatment is not initiated or if it's delayed.

We were able to place her in a fracture shoe which would allow her to continue to walk on her foot during the healing phase. She was concerned about not being able to continue her daily duties. Within a few short weeks we were able to demonstrate, with digital x-rays, that healing was progressing. The next step was to convert the fracture shoe to a good support tennis shoe and increase activity as tolerated.

She was extremely pleased that a multiple-fracture injury could be treated with little disruption to her day to day activities and work requirements.

#TrueStory

# Special of the Month:

**\$10 off  
Vionic Tide II  
Flip Flops  
Use Code  
VIONICS10  
Offer Expires  
07/31/2017**



We were disappointed of course with some of the places we saw. We nixed the idea of a multi-level house or office. We are in the business of Podiatry after all. Our patients wouldn't want to navigate stairs with their painful feet, or their clumsy walking boots. And, have you priced elevators lately?? We put offers in on multiple sites, only to have them fall out from under us.

## How It Happened

We had looked at this building once before, but I guess it just wasn't the time yet. Because when we looked at it again in June 2015, we were convinced. It had 4 suites, one of which was occupied. It had a good sized parking lot. It faces the busy street of Zang, it's near the Methodist (which was my first priority), it's near the busy Bishop Arts District, and it's right at the newly developing Gateway to Oak Cliff. We're right here – waiting to welcome everyone to Oak Cliff! Welcome!

So, it took another 6 months of lunch hours at the new place, meeting with contractors, and architects, and builders. They all did a good job, and on time too. We're very pleased with our "new to us" building. And we're very pleased with our new neighborhood.

## It's Been 1 Year Already

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*We nixed the idea of a multi-level house or office. We are in the business of Podiatry after all. Our patients wouldn't want to navigate stairs with their painful feet, or their clumsy walking boots. And, have you priced elevators lately??*

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## CALENDAR OF EVENTS

### BASTILLE ON BISHOP

#### BISHOP ARTS DISTRICT

FRIDAY 07/14/2017 6:00PM – 11PM

We will have a booth at the 8<sup>th</sup> Annual Bastille on Bishop event. We will be having Nail MD Spa specials; and we'll have a few little giveaways; maybe a drawing for some free Vionics shoes. Tickets for the event are \$25 and include a souvenir wine glass (for samples of wine) and 2 tokens for food or other drinks. A lot of the shops will remain open late.

### COUNTRY DAY ON THE HILL

#### CEDAR HILL - ON THE SQUARE

SATURDAY 10/14/2017 TIME 9:00AM – 6:00PM

We will once again be participating in the 80<sup>th</sup> Annual Country Day on the Hill in Cedar Hill. Our booth is always in front of Babe's Chicken. Come out and see us. We will have Nail MD specials – and we always have little giveaway gifts!

### 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	Closed		
Sunday	Closed		

**Richard C Galperin DPM**  
801 N Zang Blvd Ste 103  
Dallas, TX 75208  
Phone (214) 330-9299

ADDRESS CORRECTION REQUESTED

Congratulations to the winners of the Nail MD Spa drawings for a free pair of Tide II flip flops or house slippers from Vionics – in honor of last month's National Flip Flop Friday 06/16/2017 & Slipper Saturday 06/17/2017:  
Cathy Sargent  
Rick Dale  
Betsy Montgomery  
Destinee Perce

## PLEASE REFER YOUR FRIENDS & FAMILY

*"I think Dr. Galperin is a wonderful doctor and my intention is for him to be my foot doctor for life..."*  
Ozzie.M.

*You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own, and you know what you know. And you are the guy who'll decide where to go.*

*- Dr. Seuss*

