

Central Carolina Foot & Ankle Associates was founded in 1967 by Dr. John R. Iredale. His passion for quality and his desire to solve even the most complex of foot problems, and his success in doing so has provided him with a rich legacy to pass on to his associate physicians. Each of our physicians shares Dr. Iredale's passion for excellence and desire to not only meet, but exceed our patients' expectations. Their collaborative expertise and experience (over 82 years) ensures that every patient of Central Carolina Foot & Ankle Associates receives the highest quality care possible.



What is Podiatry?

Podiatry is a specialized field of medicine dedicated to the diagnosis and treatment of diseases, disorders and injuries of the human foot and ankle. Podiatrists understand the relationship between the health of your feet and the rest of your body. A podiatrist is the specialist of choice for any foot or ankle problem that cannot be addressed at the primary care level.

Podiatrists are trained to treat foot and ankle injuries such as sprains and fractures, congenital and acquired foot deformities such as bunions, hammertoes, heel spurs, corns, and callouses. They also treat skin and nail disorders such as warts, fungus and ingrowing toenails, lesions and cysts, infections, wound care and problems associated with diseases such as diabetes and poor circulation.

What should I expect when visiting Central Carolina Foot & Ankle?

A general medical history will be obtained, as well as specific information regarding your foot problem. If needed, digital x-rays or diagnostic ultrasound will be obtained to diagnose bony problems such as fractures or structural deformities. The doctor will likely perform a range of motion exam to determine if your foot is able to function normally, and he/she may also perform a gait analysis (observe you as you walk). The doctor will explain your foot condition and make recommendations on proper foot care. He/she will answer any questions you might have as you decide which recommended course of therapy is best for you.

The Doctor-Patient Relationship

You should expect honest, ethical treatment from your physician, and he will expect the same from you. If you have a problem or concern, we would like to know about it so we can address it. We will do everything we can to relieve you of your painful foot problem. Patient compliance is very important - so your doctor will take the time to explain your foot problem to

you, and outline your responsibilities in adhering to his treatment plan. Communication is also important, so we ask that you let us know of any adverse changes in your condition.

Some common problems we treat

- Bunion & Hammertoe Deformities
- Corns & Callouses
- Diabetic Wounds & General Foot Health
- Fungus & Ingrown Toenails
- Pediatric Foot Problems
- Plantar Fasciitis (Heel Pain)
- Plantar Warts
- Sprains & Fractures
- Ulcers & Foot Infections

Why should I choose Central Carolina Foot & Ankle Associates?

- *Two Convenient Locations*
- *Physicians On-Call 24 Hours a Day*
- *Expertise of Multiple Physicians*
- *Cutting Edge Technology*
 - *Digital X-ray System*
 - *Robust Health Record System with Patient Portal*
 - *State of the Art Diagnostic Ultrasound*
 - *Pinpointe Laser Treatments*
 - *MLS Laser Treatments*
 - *In-house Screening for Peripheral Arterial Disease*
- *Convenient Out-Patient Surgery*
- *Participation with Most government and Commercial Insurance Plans*

Support Staff

Our **Clinical Staff** is comprised of podiatric assistants who are skilled in assisting the physician in all aspects of care, from obtaining medical histories to venipuncture to assisting with procedures. They will do whatever they can to make your visit to our office as pleasant and stress free as possible.

Our **Administrative Staff** will see to it that you are scheduled to see the doctor in as timely a fashion as possible. We will also work hard to ensure that you receive the insurance benefits you are entitled to. We ask that you give us current, valid information so that our billing efforts can be as efficient as possible.

Thank you for the opportunity to serve your podiatric health needs. We hope we will not only meet, but exceed your expectations.

North Durham Office

4119 Capitol Street
Durham, NC 27704
Ph (919) 477-9333
Fx (919) 477-9389

Southwest Durham Office

5107 Southpark Drive, Suite 202
Durham, NC 27713
Ph (919) 544-2583
Fx (919) 572-2621

Visit us on the web:
www.ncfootdoc.com
www.befungusfree.com