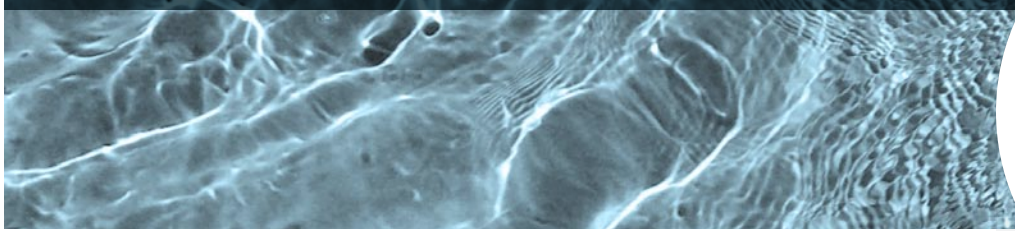


Victoria M. Foley DPM



Who is Dr. Vikki?

Victoria M. Foley D.P.M. is a diplomat of the Board of Podiatric Surgery and a fellow of the American College of Foot and Ankle Surgeons. The Southern California native and UCLA graduate earned her medical degree from the College of Podiatric Medicine in Des Moines, Iowa.

In a medical field dominated by men, Dr. Foley has developed a thriving practice with two locations in Long Beach and Los Alamitos. Dr. Foley maintains that patient education (including self-assessment), appropriate exercise, proper foot wear and a healthy diet are all critical elements in keeping feet healthy. The emphasis is always on preventative care and education rather than curative treatment.

"I want my patients to know that treatment and recovery is a team effort," Dr. Foley says. "With early diagnosis and quick treatment, foot and ankle problems can be handled successfully. I encourage my patients to listen to their bodies."



As a former collegiate soccer player at UCLA, Foley offers an athlete's perspective on foot and ankle related injuries and subsequent treatment. For more serious injuries, Dr. Foley is board certified in Foot Surgery by the American Board of Podiatric Surgery.

Dr. Foley's expertise as a former collegiate athlete comes in handy as she serves on the advisory board for Auri Footwear.

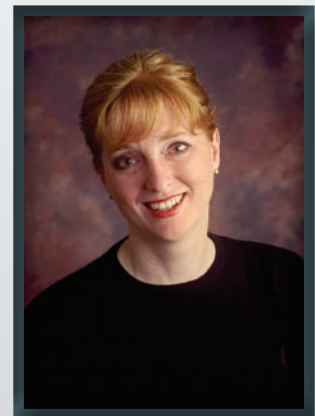


Both offices feature full service podiatric care including x-ray, physical therapy and lab capabilities. Additionally, to serve the Hispanic community more completely, the staff is bilingual.

Dr. Foley maintains a strong commitment to continuing education for herself and her staff. Team Foley attends regular seminars focusing on office protocols, treatment procedures and general office administration applications.

Dr. Foley's hospital affiliations include: Long Beach Memorial and Los Alamitos Medical Center.

Dr. Foley's professional associations include the American Podiatric Medical Association and the California Podiatric Association.



Victoria M. Foley D.P.M.

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LOS ALAMITOS

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OUR PRACTICE: The Philosophy and Description

Dr. Foley is a medical professional, trained to keep feet healthy and working well. She believes that with patient education, including self-assessment, appropriate exercise, proper footwear, and healthy diet the body can help you maintain your feet in good condition.

The practice offers a full service podiatric package. This includes: In-office x-ray, physical therapy, and lab capabilities. We have been able to serve the Hispanic community by providing bilingual staff and educational materials.



With two locations we offer same day appointments for routine podiatric examinations. Emergency care is available seven days a week, 24 hours a day. Patient's waiting time is kept to 15 minutes or less with the average 10 minutes.

Dr. Foley often alleviates discomfort and deals with the biomechanical issues that caused the problem within a few visits. Many family doctors and specialists are frustrated by a complex foot problem which results in multiple visits and medical intervention. We find that numerous family doctors and specialists are referring to us faster which results in reducing suffering for the patient and saving money for the insurance company. As the pamphlet "Getting It Right The First Time" points out, the medical group management association has documented that podiatrists are more cost effective than all other providers in managing foot problems.

New Shoes? When?

Just like your favorite food, work-out shoes DO have a shelf life. Although an expiration date isn't stamped on the shoe at purchase, below is a sound timeline for how long you should train in one pair. We know it's tough to say good-bye to those trusty companions, but well constructed and properly fitted athletic footwear makes it easier on your entire body, not just your feet.

Running

350 miles

Walking

120 hours

Tennis/Basketball/Volleyball/Fitness

60 hours

*Make sure to get proper athletic socks as well.

MicroVas Continues to Change Lives

One piece of technology having the most profound effect on a large number of Dr. Foley's patients is MicroVas. MicroVas (www.MicroVas.com) has improved the lives of dozens of patients suffering from peripheral neuropathy, a disease that can damage nerves in the feet and prevent them from walking properly. This condition is most common with diabetics. "MicroVas increases the blood flow and, restores the sensation and eliminates much of the pain," says Dr. Foley. "With the increase in diabetic patients, this is a growing problem. One of the most positive things about MicroVas is how quickly people feel the results." Dr. Foley is one of only two doctors in Southern California to offer MicroVas. For more information see the receptionist or call our office.

