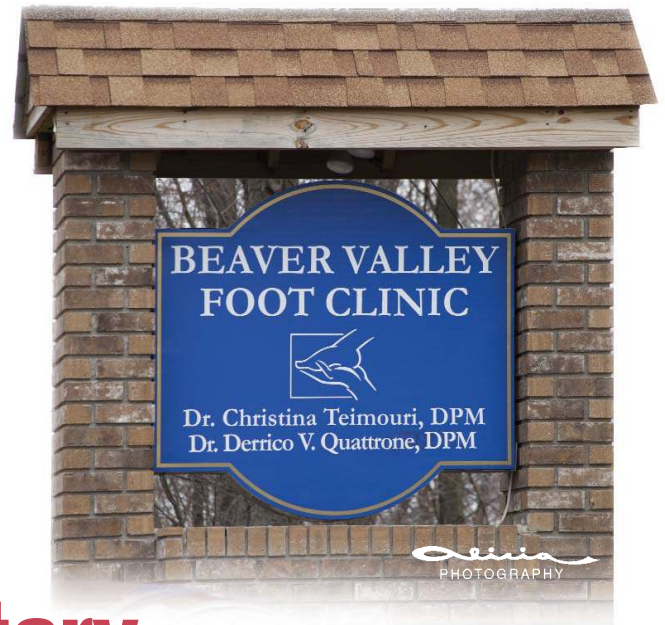


# Foot Care Extends to Many Communities Through Cranberry Doctor's Commitment to Rotary



By Vanessa Orr



For more than 15 years, Dr. Christina Teimouri of Beaver Valley Foot Clinic has provided patients in western Pennsylvania with relief from foot pain, helping them to return to healthier, more active lifestyles. Yet even as her practice reaches out to patients in the North Hills and surrounding communities, Dr. Teimouri is working with physicians from around the world to provide care to patients far beyond the nation's borders.

A two-time past president of the Aliquippa Rotary and current Paul Harris Fellow, Dr. Teimouri has donated countless hours of service for charity. Over the years, she has hosted physicians in her home from Mexico, Thailand, India, Ethiopia, and Eritrea in order to provide them with insight into American medical practices, and to enhance their abilities to treat patients in their home countries. Dr. Teimouri also spent two weeks as a volunteer in Saudi Arabia, sharing her knowledge with that country's physicians.

Even as she works to expand the horizons of physicians from other countries, however, she and her staff work to increase their own knowledge of how innovative, cutting-edge technologies can help them to better serve their patients.

## Clinical Expertise

"My associate, Dr. Derrico Quattrone, and I are constantly researching new, state-of-the-art therapies to help relieve patients of foot pain," explained Dr. Teimouri. "I decided to go into podiatry because I wanted to help people feel better, and I can't tell you how many times our patients say, 'If I'd known it was this easy to relieve my pain, I would have done it 20 years ago.'" Both Dr. Teimouri and Dr. Quattrone are board-certified by the American Board of Podiatric Surgeons.

One of the newest techniques available at Beaver Valley Foot Clinic is ESWT, or Extracorporeal Shockwave Therapy. "ESWT is now helping more than 90 percent of patients

suffering from the most painful, stubborn heel pain to find relief,” explained Dr. Teimouri. “The procedure is FDA-approved, and takes less than 18 minutes in the office.

“We also use cryosurgery to help relieve neuromas, which cause burning pain in the forefoot as a result of inflammation and enlargement of the nerve running between the toes,” she added. This six-minute, in-office procedure can also be used to treat pain caused by plantar fasciitis, fibromas and other peripheral nerve issues.

Patients suffering from diabetic neuropathy and tarsal tunnel syndrome have access to the expertise of Dr. Quattrone, who has received advanced training from Johns Hopkins University in this area. Similar to carpal tunnel of the wrist, tarsal tunnel is a condition in which a nerve gets trapped or squeezed by increased pressure within the curve behind the inner ankle.

Beaver Valley Foot Clinic also leads the way in caring for varicose veins through its Advanced Vein Center. “Caring for pathology of the foot and ankle over the years, I often came across patients with severe swelling and varicose veins. I could recommend someone to care for them, but often I wouldn’t know if they had followed up,” said Dr. Teimouri. “It’s hard for a patient to go somewhere new, so I endeavored to bring the best physicians in this area to my patients where they are comfortable—in our office.”

At the Advanced Vein Center, doctors treat spider veins, varicose veins and leg ulcers and offer many treatment options, including laser treatments. “Our physicians come from varied backgrounds, and include a cardiothoracic surgeon, transplant surgeon, and Dr. Ifthikhar Ahmad, an interventional radiologist who specializes in treating varicose veins using non-surgical techniques,” said Dr. Teimouri. “All of them have one thing in common; they are highly trained and certified in the care of leg veins.”

### Body-Beautiful Laser Medi-Spa

According to Dr. Teimouri, after doing general podiatry for so many years, she decided to add something “fun” to her practice. At Body Beautiful Laser Medi-Spa, patients can receive teeth whitening, microdermabrasion, laser hair removal, age and sun spot removal, acne and scar treatments, facials, spider vein laser treatment, and massage. Dr. Rinku Dutt provides laser services, Botox, Juvederm, and Lasik eye procedures through Luna Vision.

“Patients have to be very careful—many providers of Botox just took a weekend course somewhere,” said Dr. Teimouri. “I would only trust someone who specializes in the delicate muscles and nerves around the eyes. When



*Rinku Dutt, MD, and patient*

considering who I would want to provide these services to my patients, Dr. Dutt passed with flying colors. She not only provides all of the basic procedures that any ophthalmologist does, such as regular eye exams and correction of vision problems, but she also has a passion and a flair for the aesthetic side.”

### Caring for the Community

Despite running six offices, Dr. Teimouri finds time to participate in Rotary, addressing healthcare issues, hunger, illiteracy, and environmental and community welfare needs.

“I’ve been a member of many civic organizations for many years, and my favorite has

always been Rotary,” she said.

There are numerous chapters of Rotary in western Pennsylvania, including one in Cranberry. “Membership in Rotary makes one a better citizen, building communities as well as enduring friendships,” explained Ralph Sterzinger, president. Past projects of Cranberry Rotary include the Cranberry Rotary Amphitheater and Cranberry Dog Park, senior citizens’ luncheons and tours, the Seneca Valley student scholarship program and more. Cranberry Rotary meets every Tuesday at noon at the Rose E. Schneider YMCA, or those interested can email [rjs@rss-carch.com](mailto:rjs@rss-carch.com) or call (724) 933-9100.

For more information on Beaver Valley Foot Clinic in CranMar Plaza, visit [www.BVFootClinic.com](http://www.BVFootClinic.com) or call (724) 375-1577. Information is also available at [www.AdVeinCenter.com](http://www.AdVeinCenter.com) (724-987-3220) and [www.BBLMSpa.com](http://www.BBLMSpa.com) (724-987-3221). ■



*Rotarian, George Merges, opens office for career shadowing.*



*A Rotary fundraiser with the Harlem Ambassadors at Rose E. Schneider YMCA. The proceeds benefited a school in Patzun, Guatemala.*