

BRENTWOOD

LIFESTYLE™

The Health &
Wellness Issue

JANUARY 2025
CITYLIFESTYLE.COM

Make Wellness a Priority

STAYING HEALTHY FROM YOUR HEAD
TO YOUR TOES

ARTICLE BY SUE BALDANI
PHOTOGRAPHY PROVIDED



People are busy, and they don't always dedicate enough time to their physical and mental health. Unfortunately, small problems can often lead to big issues if not addressed.

Dr. Yerusalem Lanier and Dr. David Farnen of Cutting Edge Foot and Ankle Clinic understand this all too well. "Feet are overused, overworked, and they are very durable, but we don't always understand how important they are to us," says Dr. Lanier. "We abuse them, and then when it comes to recovering from an injury or disease, it can take a long time."

Adds Dr. Farnen, "I've been very blessed to treat some elite athletes and entertainers around Middle Tennessee, and what I love about these folks is they come in to see me before a problem arises. I then have the ability to prevent foot and ankle issues."

While both doctors are dedicated to treating their patients so they can improve the quality of their lives, they also make sure to take care of themselves. "I think overall, what I consume, what I burn, has a lot to do with how I treat my patients," says Dr. Lanier. "If I'm not eating healthy and exercising, I'm not going to feel great, and

then I'm not going to be a great clinician that day. Everything correlates."

Luckily, she and her family - husband David, an ER physician, and daughters, 13-year-old Alexandria and 11-year-old Hope - love the outdoors. "We're big hikers, and we recently came back from hiking the Alps. We also go to many local parks. The girls play lacrosse as well and are very active physically, and they also play the piano and guitar and sing."

Dr. Lanier also belongs to Orange Theory and goes at least five days a week. "Mental health and physical health are important to function well in all aspects of life," she says.

She incorporates this mantra into her practice, especially with her patients who are moms. "I'm always open about talking about this because moms need to know it's okay to make that time for ourselves."

Dr. Farnen also carves out time from his busy work schedule for health and wellness. "It's my team at home that keeps me young, spirited, and healthy, and keeps me mentally sane. I have a beautiful family. My wife Natalie and I have three wonderful children - 6-year-old Charlotte, 3-year-old Lillian, and 9-month-old Oliver."

“Mental health and physical health are important to function well in all aspects of life.”

CONTINUED >

“It’s the relationships that I think are important in medicine, and I feel that many doctors lose sight of that. No matter how busy we are, we never turn patients away.”



His wife, he says, keeps him grounded. “She’s a superwoman. In addition to being a wife and mom, she’s an aesthetics nurse practitioner who created an aesthetics institute here in the Franklin/Brentwood area.”

Golf is another outlet and what he calls his therapy. “I try to go once or twice a week and I also work out locally at various YMCA locations here in Brentwood, as well as in neighboring cities such as Franklin.”

A work-life balance is important because burnout can happen in any profession, says Dr. Farnen. “You can’t be happy inside unless you feel relaxed and have a clean state of mind, especially in our profession.”

Working at Cutting Edge Foot and Ankle Clinic with Dr. Lanier also makes him happy. He joined the practice four years ago and finds immense joy interacting with patients. “It’s the relationships that I think are important in medicine, and I feel that many doctors lose sight of that. No matter how busy we are, we never turn patients away.”

Podiatry, he says, is a hidden gem. “It’s the one field of medicine that I feel provides some of the most joy and happiness.

The feet are our foundation and it’s important to keep them healthy and functioning well.”

For Dr. Lanier, who founded the practice in 2019 as a small clinic and has watched it grow to five locations with another opening soon in Spring Hill, she finds immense satisfaction in her career. Her parents suffered from many foot ailments. “One of the things that I love about podiatry is a lot of my patients are older, and I can connect with them,” she says. “I feel like I’m treating my parents, and it’s so sweet.”

Since opening its doors, Cutting Edge Foot and Ankle Clinic has gained a sterling reputation and has been named one of the five top podiatrists in the Nashville area. “We are all just genuinely nice people too,” says Dr. Farnen. “We don’t hire anybody who’s negative. From the front desk staff to the doctors, you’re going to have an amazing experience. That’s what sets us apart. You can read thousands of our reviews, and each one is five stars.”

Adds Dr. Lanier, “When you love what you do, there’s a kind of peacefulness in that. And, we love what we do.”

CEFOOTandANKLE.com

Fitness That Fits Your Travel

At AC Hotel Brentwood Nashville, wellness and travel go hand in hand. Our state-of-the-art fitness center is thoughtfully designed to keep up with your routine—wherever your journey takes you. From precision-crafted equipment to a space made for movement, every detail is Precisely Designed for You.

