



FOOT & ANKLE WELLNESS CENTER

www.FAAWC.com December/January 2019

THE Extra Mile

We're going the extra mile...to help you go your extra miles.

Jane E. Graebner, DPM • Drew J. Belpedio, DPM • Martha A. Anderson, DPM • Scott J. Blanchard, C.N.P.

740.363.4373 | www.FAAWC.com

We Keep You in the Game

Winter Recommended Service

Get Your Nails Ready for Summer with our Skin and Nail Laser*



**Innovative treatment method
for dealing with unhealthy and
unattractive fungal toenails.**

- One of our doctors can determine which package is right for you.
- Laser treatments can also be used for Spider Veins, Warts, Age Spots, Skin Lesions, Scars, Hair Removal and Hand Rejuvenation.
- These services MAY be covered under your Flexible Spending or HSA, (Health Savings Account).

**10% off when purchased in
advance of first treatment*

You Asked...We Answered... January Solution

Do you suffer from dry, cracked feet?

Uniquely formulated to restore smooth, healthy skin. This multi-purpose ointment protects and soothes extremely dry skin, cracked hands and feet, minor cuts and burns, and many other skin irritations.



My life history in 3 sentences...

I was born just south of Columbus in Lancaster, Ohio and much of my extended family still lives in the area, but I call Colorado Springs my "home" since that's where I spent most of my adolescence. In 2000, I moved to Ogden, Utah where I worked as a carpenter while completing my bachelor's degree at Weber State University. I then attended Des Moines University for podiatry school where I met my wife Holly.



My favorite thing about podiatry is...

There is no other career that better encompasses my interest in sports medicine, orthopedic surgery, dermatology, and biomechanics while affording the time to really get to know my patients and maintain a healthy work-life balance. I enjoy having the ability to offer my patients a wide variety of non-surgical options, and I am fortunate to have been trained by world renowned foot and ankle surgeons. I'm honored to have the opportunity to use my skills to serve Delaware and the surrounding communities.

I was drawn to the FAAWC because...

I was greeted with warmth and acceptance when I first stepped through the door, and I knew that this is where I wanted to grow my career and provide my skill set. Community involvement is something that has always been very important to me, and Dr. Graebner has truly embraced her role as a community leader in Delaware County. The compassion and dedication of the physicians and staff at FAAWC is something that really stands out to me, and I am excited to continue this legacy in the years to come.

Stay tuned for more about Dr. Rutter in upcoming newsletters.

Voxx Socks and Insoles are Here!

Stop in or call the office to order.





WHAT'S UP, DOCS?

- 1. Jackie Cross CNP and Team Member Hope**, OhioHealth Delaware Campus loved their Pumpkin Cheesecakes! Dr. Madachy says "have a great holiday!" Thanks to them for trusting their patients to us!
- Our **October PAT gift winner, Deanna Carr**, won 2 tickets to the OSU vs Nebraska Football Game plus a Brutus Buckeye Inflatable.
- 3. Dr. Anderson's girls** are ready for bed and Santa's visit.
- 4. The office** celebrated the 90th Birthday of Mickey Mouse, on November 18th.
- Our **November PAT gift winner, Margo Sparks**, won a Premium Family Membership from COSI and these fun science items.

What is Your New Year's Resolution?

Resolutions come and they usually go as quickly as they are made. So how do you keep them for longer than a week?

- 1. Make them realistic.** If your New Year's Resolution is to eat healthy, plan small steps in achieving that goal. Replacing a serving with a more healthy choice is easier than planning a whole week of healthy choices.
- 2. Share with your family and friends**, and give them updates. Family and friends have a way of keeping us on track with our goals.
- 3. If you mess up, try again.** Habits are hard to change and you have a whole year of try, try, try again. Remember small changes are the easiest changes to make.
- 4. If you succeed, reward yourself.** But keep in mind your resolution as far as the reward! We all need encouraging words to get us through our day. Maybe set up a reminder that you made a goal on your smartphone – YOU DID IT!

Dr. Graebner's Resolution for 2019 – Go Green in 2019 – eliminating plastic shopping bags whenever possible!



15TH YEAR IS HERE!

You are invited to the **15th Annual Mr. Aruba Winter Nationals**. It will be held on **January 26th, 2019**, starting at 3:00 p.m. The event will be held at Mr. Aruba's house, which happens to be Dr. Jane's house as well. The event raises funds for JEGS Foundation Racing for Cancer Research. This is the 15th year of the Annual Bench Race Winter Nationals and Charity Challenge. **If you would like more information about the event, please visit: www.MrAruba1965.com, on Facebook: MrArubaWinterNationals or stop by FAWC for more details.**

We will no longer be stocking 2 styles of our compression hosiery: Therafirm and Ease. We are offering 25% off remaining inventory

Healthy Tips for the Holidays

Staying healthy during the holiday times can seem like an impossibility. Turkey, ham, stuffing, potatoes, casseroles, pies, cookies, eggnog—the list goes on! If you want to keep yourself (and your feet!) healthy this winter, use these handy tips for the holidays.

Don't Fill Your Plate

If you can't see any of the plate underneath the mountain of food, then you may have overfilled a bit. Take smaller portions of everything to begin with and rest easy knowing you can always go back for more if you're still hungry after round one.

Drink Water (Not Alcohol)

Drinking a glass of water before a meal not only keeps you hydrated, but it also helps you eat less. Try to avoid alcohol. It's calorie-full and can trigger conditions such as gout.

Say No to Cookies!

Okay, we would never actually ask you to do this; but it is a good idea to eat them in moderation. If you're baking the cookies yourself, try for a naturally-healthy recipe or use substitutions to make them better for you.

Get Outside

Sure, it's cold, but that's part of what makes winter so much fun. Go out in the snow and build a snow-figure, or a whole igloo if you're feeling energized. Be mindful of conditions to avoid slips and falls that could lead to twisted ankles or broken bones.



Blue Light Specials!

FAAWC will offer a 10% discount on several of our products and/or services listed below

December Specials:

Foot Miracle: A unique, deep-penetrating formula that softens callused, rough areas. "A pedicure in a tube" that not only restores skin's natural moisture, but also helps to fortify weak nails.

Aerolase Packages (10% off when purchased before first treatment): Innovative laser treatment method for dealing with unhealthy and unattractive fungal toenails.

Core-Spun Support Socks: Socks that look and feel like a soft, comfortable everyday sock with the added benefit of true gradient compression.

MLS Laser Packages (10% off when purchased before first treatment): MLS Laser Therapy treats arthritis, bursitis, heel pain, tendonitis, sprains & strains, sports injuries, occupational injuries, fractures, post-surgical pain and swelling.



Spinach, Feta and Artichoke Breakfast Bake

1 Freestyle Points, 128 calories
Total Time: 1 hour, Prep Time: 15 minutes
Cook Time: 45 minutes

Eggs, spinach, artichokes and Feta cheese – a healthy breakfast casserole bake, perfect to feed a crowd.

INGREDIENTS:

1 (10-ounce) package frozen chopped spinach, thawed, all excess liquid squeezed out
1/2 cup scallions, finely chopped
3/4 cup chopped artichokes (from canned), drained and patted dry
1/3 cup diced red pepper
1 clove garlic, minced
1 tablespoon fresh dill, chopped
8 large eggs
4 large egg whites
1/4 cup fat free milk
2 tablespoons grated parmesan cheese
1 1/4 teaspoon kosher salt
1/4 teaspoon ground pepper
1/2 cup crumbled feta cheese

DIRECTIONS:

Preheat the oven to 375°F. Spray a 9 x 13 casserole dish with nonstick spray.

In a small bowl combine spinach, scallions, artichoke, red pepper, garlic and dill. Pour into the casserole dish spreading evenly.

In another bowl, whisk together the eggs, egg whites, milk, parmesan, salt and pepper. Mix in feta cheese and pour over vegetables.

Bake until a knife inserted near the center comes out clean, 32 to 35 minutes.

Let stand 8 to 10 minutes before cutting into 8 pieces.

NUTRITION INFORMATION:

Yield: 8 servings **Serving Size:** 1/8th slice

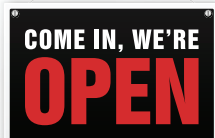
Amount Per Serving: Freestyle Points: 1, Points +: 3, Calories: 128 calories, Total Fat: 7g Saturated, Fat: 3g Cholesterol: 196mg, Sodium: 439mg, Carbohydrates: 4g, Fiber: 1g, Sugar: 1g, Protein: 11g

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FOOT & ANKLE WELLNESS CENTER

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**Your Pain &
Injury Specialists
are Here to Help!**

FAAWC has Urgent Access
hours for emergencies
Monday - Thursday.
Walk-In hours are on
Friday's from 12 - 3 p.m.

**Wishing you a very Merry Christmas and Happy New Year full of good health and happiness.
Thank you for your trust and confidence.**

