



**FOOT & ANKLE
WELLNESS CENTER**

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

**DON'T LET
FUNGUS
GET A HOLD OF YOU**



**Quarterly Featured
Service: Aerolase**

**10% Off When Purchased in
Advance of First Treatment**

Laser treatment is the most innovative method for dealing with those unhealthy and unattractive fungal toenails. FAAWC uses the FDA-cleared Aerolase LightPod Neo laser, a technological breakthrough in the new generation of safe aesthetic lasers. Treatment sessions take place right in our office.

One of our doctors can determine which laser 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).

Let's Heal that Heel Pain in 2019

Heel pain is a daily reality for millions of people. If your first steps in the morning are painful in the heel, arch or across the bottom of the foot, you may be experiencing plantar fasciitis, inflammation of the fibrous band (plantar fascia) that helps support the arch of your foot. If you ignore this pain, the cycle of tearing and damage to this structure just makes it more difficult, costly, and time consuming to calm down this inflammation.



Home remedies often include:

- Use RICE (rest, ice, compression, elevation) to relieve pain and inflammation
- Gentle stretching of the posterior calf muscles
- Oral over-the-counter anti-inflammatory medications such as Advil or Aleve
- Wearing supportive shoes and avoiding slippers, sandals, or barefeet

If you've been experiencing heel or arch pain for more than 3-4 weeks, call our office for a thorough evaluation and X-rays. While plantar fasciitis is a common cause of heel pain, other contributing factors such as nerve irritation, arthritis, or tendonitis could be present. Partial rupture of your plantar fascia is a real possibility so early treatment is essential to avoid this complication. You can anticipate significant improvement within just a few weeks and more than 95% of all cases treated at FAAWC can be healed without surgery. At FAAWC, we combine "tried and true" methods like foot strappings with new innovative techniques like our MLS pain laser that promotes increased blood flow, faster healing, and elimination of inflammation. Spring is coming soon and your feet can be ready to enjoy a walk outdoors on that first warm day!

URGENT ACCESS HOURS

Do you have foot or ankle pain?

Did you know that we offer **Urgent Access hours for emergencies Monday - Thursday.**

Walk-In hours are on Friday's from 12 - 3 p.m.



Get to Know Dr. Billy Rutter

He will be joining the practice in July

I love Delaware, OH because...

My wife, our two-year-old daughter Myla, and I are thrilled to be calling Delaware, Ohio our new home. Our family is rapidly expanding with the new addition of TWINS! We look forward to being back in the Midwest to raise our kids near family and friends in a community that we have always wanted to be a part of.



I knew I wanted to become a podiatrist when...

I first learned about podiatry from a good friend while in graduate school at Des Moines University. After spending a day with a local foot and ankle surgeon, I realized that the career I had always wanted actually existed. I was immediately impressed with the variety of conditions podiatrists treat, and ultimately, I was won over by the patients' stories of success and their deep gratitude for the service of their podiatric physician.

Voxx Socks and Insoles are Here!

Stop in or call the office to order. For more information, visit stayonyourfeet.info.



Closeout Sale!

Limited Quantities & Sizes Available

Do you suffer from swollen feet and ankles? Therapeutic gradient compression hosiery can help. Stop by soon to take advantage of this great sale. **Therafirm and Ease are 25% off, and Sigvaris are 50% off.**

Summer will be here before you know it. We have **limited quantity and sizes of Revere Sandals** available at 25% off.

Available While Supplies Last!



CRANBERRY PISTACHIO DARK CHOCOLATE BARK

Total Time: 1 hour 10 minutes

Prep Time: 10 minutes

Cook Time: Freeze 1 hour

This chocolate bark is not only chocolate-y good, it's healthy too! Pistachios, cranberries and dark chocolate are loaded with antioxidants, not to mention fiber, good fats and vitamin C.

INGREDIENTS

4.5 oz shelled pistachios, coarsely chopped

2.5 oz dried cranberries, coarsely chopped

7 oz dark chocolate bar (calculations based on Hershey's Special Dark)

DIRECTIONS

1. Place chocolate in a microwave-safe measuring cup; microwave at HIGH 1 minute or until chocolate melts, stirring every 15 seconds.
2. Add melted chocolate to nut mixture, stirring until just combined.
3. Spread mixture evenly on a jelly-roll pan lined with foil; freeze 1 hour.
4. Break into pieces.
5. Bark should be kept in an airtight container in the fridge or a cool room. It will keep for up to 3 weeks.

NUTRITION INFORMATION

Yield: 14 servings,
Serving Size: 1 oz (roughly 3-1/2" x 3-1/2")

Amount Per Serving:

Freestyle Points: 6, Points +: 4, Calories: 126.6 calories, Total Fat: 8.1g, Saturated Fat: 3.2g, Cholesterol: 1.7mg, Sodium: 1.1mg, Carbohydrates: 15.3g, Fiber: 2.1g, Sugar: 10.7g, Protein: 2.6g

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WHAT'S UP, DOCS?

1. Dr. Jane's husband Mike congratulating Bill Shoemaker who was a rookie winner at this year's 15th Annual WinterNationals.

2. CNP, Scott Blanchard's son Ethan, celebrated his 1st birthday eating fistfuls of cake.

3. Dr. Belpedio and friends spreading Christmas cheer.

4. Dr. Belpedio's desk was decorated for the holiday!

5. Dr. Anderson's girls know how to patiently wait for 2019 – play games and smile pretty!

6. Dr. Anderson's girls enjoyed a Christmas gift of Slime, oh what fun!

How Flat is Too Flat?

Does your foot look like this?



The foot has 26 bones, 33 joints, and over 100 ligaments, tendons, and muscles. Together, they flex, point, and add that extra spring to your step. **One of the most important parts of your foot is the arch.** The arch is responsible for supporting and balancing your body weight for proper stance and gait. But when the arch is flat or fallen, it can lead to pain, overuse injuries, and other issues. **Approximately 20-30% of the world has a flat or fallen arch in one or both feet.**

Not all flat feet need treatment, but fallen arches can lead to overpronation (a rolling inward of the foot) which can lead to pain in the feet, knees, and hips. Some flat feet are inherited, but it can also result from arthritis, muscle/tendon disorders, injuries, pregnancy, obesity, or general aging.

Good supportive shoes and custom-made orthotics can realign the bones and muscles in your feet and ankles to relieve pain and optimize function. While there is no exact measurement of how flat is too flat, **if you are experiencing foot or ankle pain, contact the FAWC today to get back on track for better health.**

You Asked... We Answered

March Featured Solution— J&M Pre Fab Orthotics

If you are thinking about orthotics but not sure of the expense. J&M is a good place to start. They can be molded to your foot and fit in a variety of shoes from high heels to sandals.



Upcoming Patient Appreciation Treat

Remember to register for the March P.A.T. after your appointment.

March - Spring Cleaning

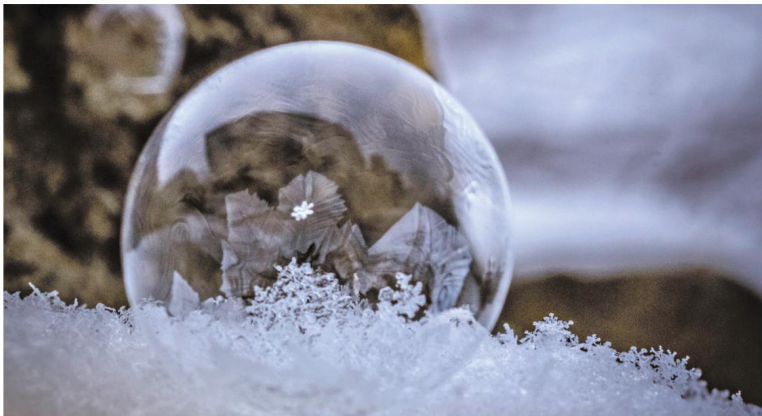


FOOT & ANKLE WELLNESS CENTER

1871 W. William St.
Delaware, OH 43015

Make Your PediCare Appointment Today

Did you buy a PediCare card for yourself or a loved one? **Remember that the cards expire April 30th, 2019**, so be sure to get yourself on the salon's schedule before it fills up. The PediCare Salon has appointments Mon. - Fri. each week.



You're Invited to Our Photo Contest Reveal!

**Wednesday March 27
3 to 6 p.m.**



Thank you to all those who participated – the response was overwhelming. Our patients have truly shared themselves with us and we are so appreciative.

Although winners have been notified, **everyone is welcome to stop by on March 27, between 3 and 6 p.m., to see the photos in person and enjoy light refreshments with your friends at FAWC.**

SAVE THE DATE!

Clinic for Healthcare Professionals:

New Trends in the Prevention of Running Injuries

**Two-day Seminar Worth 17 CME's
When Attending Both Days**

Save the Date: September 7 & 8, 2019

Location: Foot and Ankle Wellness Center

Cost: \$600

More info: therunningclinic.com

The Running Clinic is an organization providing **continuing education intended for physiotherapists, doctors, chiropractors, coaches, athletic trainers, and running specialists.** From diagnosis to treatment, including running gait analysis/retraining, detailed footwear analysis/prescription and appropriate load management.