



FOOT & ANKLE WELLNESS CENTER

1871 W. William St.
Delaware, OH 43015

**Remember, every
Friday we have
walk-in hours
from 12 to 3 p.m.
No appointment
needed!**

FAAWC also has Urgent
Access hours for emergencies
Monday – Thursday.

Blue Light Specials!

*Every month FAAWC will offer a
10% discount on several
of our products and/or services.*



June Specials:

- **Copper Socks:** Copper provides a “zone of protection” odor resistant. Helps improve skin texture & appearance, eliminates bacteria, fungi & odor in the sock.
- **Bromi-lotion:** Soothing, non-irritating lotion for excessive perspiration and odor.
- **RocSocs Footwear:** Light weight, slip resistant, non-marking, water dissipating sole, quick drying and breathable shoe.

You will find our Blue Light Special sale items featured in our emails and Facebook posts. For more details, just visit our website and click on the blue light.

July Specials:

- **Dr.'s Remedy Nail Polish:** Doctor formulated and recommended to maintain and promote optimal nail health.
- **Revitaderm:** For patients seeking relief from damaged, callused, fissured and dry, rough skin. Safe for diabetics with no added water or perfumes.



\$10 OFF **revere**
COMFORT SHOES
Look Good & Feel Good

Revere shoes offer comfort, support and style. The comfort footbed is removable to fit custom orthotics.

JUNE 15 - JULY 31, 2018

1871 W. William St., Delaware
740.363.4373 • www.FAAWC.com



FOOT & ANKLE WELLNESS CENTER

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We Keep You in the Game

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.

Protect Your Feet this Summer

Don't Let Water & Sun Ruin Your Fun

Whether it's the banks of Lake Erie or the sand and surf of exotic Bora Bora, beach and water safety are vitally important— especially to your feet! **There are three major foot hazards at the beach: burns, cuts & punctures, and slipping.**

Burns

Sunscreen is a necessity for every summer activity. It's especially important to rub a generous amount on the tops and sides of your feet and ankles which are very sensitive to UV rays and can burn easily. Sand is often 30 degrees hotter than the ambient temperature and can burn the bottoms of your feet if you walk across it unprotected.



Cuts & Punctures

Nothing can ruin a good day at the beach faster than a cut or puncture. Wooden docks can leave bothersome splinters in bare feet and if you step on a marine animal, you may be taking home some venomous spines as a souvenir. Shells, broken glass, rocks, and other sharp hazards can cause cuts and scrapes, leaving you open to infection.

Slipping

It shouldn't be a surprise to anyone that water is wet, and whenever we are around wet places, there's an increased chance for slipping and falling. When combined with unstable conditions such as the deck of a rocking boat, a slippery surface can lead to ankle sprains, fractures, bruising, and tendon injuries.

The best way to stay safe from any of these hazards is to wear a sandal or water shoe.

Whether you're scrambling through tidepools, building a sand castle, or just catching some rays, a good sandal or water shoe can protect your feet from burns, cuts & punctures, and slipping injuries. Stop by the office today and check out FAAWC's full line of RocSoc water shoes for men and women, and the new line of Revere sandals and shoes.

Embarrassed by Your Fungal Nails?

We Have THE Perfect Healing Combination

Our **Aerolase Laser** will kill your fungus and **KeryFlex**, our nail restoration system, will provide you with a natural-looking nail until your healthy nail grows out.

Laser treatment is the most innovative method for dealing with unhealthy unattractive fungal toenails. The Foot & Ankle Wellness Center uses the FDA-cleared Aerolase LightPod Neo Laser, a technological breakthrough in the new generation of safe aesthetic lasers.

Fungus thrives in dark moist places. Hiding your fungal nail under a band-aid or acrylic nail will make the fungus spread. KeryFlex is non-porous and will not allow moisture to penetrate between the natural and prosthetic nail. Our pedi-salon provides a safe clean private setting for your KeryFlex application. **Take the first step to treating your fungal nails by calling us at 740.363.4373 and scheduling your appointment today.**

aerolase
reinventing medical lasers

KERYflex
NAIL RESTORATION SYSTEM

Enter the FAAWC "Balance Challenge"

For a Chance to Win a \$400 Gift Card

Wed., Sept. 26

3 to 6 p.m.

SAVE THE DATE and watch for more details!

3 Foot Problems Men Shouldn't Ignore

1. Exercise Pain

Men can be notorious for "playing through the pain," but if you are experiencing foot and ankle pain during or after exercise or sports, you need to see a foot and ankle specialist. Early diagnosis and treatment of an ankle sprain, stress fracture, or tendon tear can shorten healing time and get you back to your activity sooner.

2. Infections

Many men are familiar with the signs of a fungal infection such as Athlete's foot. While OTC creams may treat symptoms, infection often recurs and can worsen—spreading to toenails or hands. Your podiatrist can eliminate your infection and prevent any future complications.

3. Broken Toes

Men often write off a little bruising or swelling as a minor injury when in fact, you could be dealing with a serious fracture. Ignoring pain and foregoing treatment may cause poor healing and permanent misalignment. Further complications could include arthritis, limited toe mobility, and difficulty wearing certain shoes.

Don't wait until it's too late! Early diagnosis and treatment of foot and ankle problems are critical to keeping you healthy and active. Call 740.363.4373 today to schedule an appointment.



WHAT'S UP, DOCS?

1. Dr. Drew attended the OHFAMA conference to bring back the latest surgical advances to FAAWC.

2. Dr. Graebner and Avah Wirz (FAAWC employee) enjoyed The Taste of Marysville.

3. Dr. Anderson's little girls are cute as ever celebrating Mother's Day and Kaitlyn's pre-k graduation.

4. Dr. Graebner and her husband Mike DeChicco had a lovely time at his nephew's wedding on May 12. Mike, father Phil, nephew Matt brother Bob (groom's dad), Uncle Bob (Phil's brother)

5. Elia's baby, Catalina 2 ½ months, is checking out the view from a FAAWC exam chair.

6. Our CNP Scott's baby, Ethan 4 months, is all smiles playing with Addie.

Very Berry Banana Fro Yo Shake

Skinnytaste.com

Servings: 1 • Serving Size: 1 shake • Points +: 5 pts • Smart Points: 9

Calories: 211.7 • Fat: 2.1g • Protein: 5.6g • Carb: 48g • Fiber: 5.7g • Sugar: 26.3g

Sodium: 90.6 mg

Ingredients

1/2 cup mixed berries (blueberries, blackberries, strawberries)

1/2 ripe frozen banana

1/2 cup organic nonfat vanilla frozen yogurt (Stonyfields)

1/2 cup unsweetened vanilla almond milk (or skim, soy, etc)

Place all the ingredients in the blender and blend until smooth.

Directions

Place all the ingredients in the blender and blend until smooth.



Patient Appreciation Treat Winner

George Kasotis won April's Patient Appreciation Treat the walking basket.

Upcoming Patient Appreciation Treats

June — Let's Go to the ZOO Basket

July — Ice Cream Treat Picnic Basket

Guilt-Free Picnicking Guide

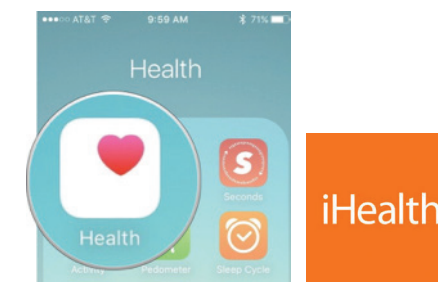
Summer is full of barbecues, picnics, pool parties, and more. It may seem impossible to avoid all unhealthy foods at these events, but you can make guilt-free choices at your next summer social, and here's how:

- **Eat Fruits & Veggies** - Filling up on a salad or a pile of baby carrots before heading for the main meal is never a bad idea.
- **Skip the Sauce** - Avoid items premixed with dressing or sauce. By putting it on the side, you can easily control your calories.
- **Portions** - Don't heap your plate to overflowing. Take a single serving of the dish you want and come back for more later if you're still hungry.
- **Stick to Water** - Drink a glass of water before you arrive, when you arrive, and between other drinks (especially alcoholic ones). Not only does it keep you hydrated, but it also fills you up so you eat less.
- **Pick Your Splurge** - Stick to foods that you'll really enjoy and politely decline anything you don't really want.
- **Focus on the Event** - Parties don't need to revolve around the food. Suggest an activity to get people moving or just concentrate on socializing.

Remember, one piece of lettuce does not a diet make, and one slice of cake does not a diet break. Don't get down on yourself for eating too much or the wrong things. A guilt-free picnic starts and ends with a positive attitude!



An APP Worth Trying...



APPLE VERSION

ANDROID VERSION

Health app for Apple and **iHealth My Vitals** Android version helps you monitor your key health goals all in one place. You can track your steps, set food intake goals and manage your blood pressure health just to name a few. Your data is safe and secure in an app that is convenient for your busy life style. It works with current **iHealth** self-monitoring devices. **This app might already exist on newer phone models so check it out!**