



**FOOT & ANKLE  
WELLNESS CENTER**

www.FAAWC.com April/May 2018

# 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

www.FAAWC.com

*We Keep You in the Game*



## Welcome Nurse Practitioner Scott Blanchard CNP

Delaware, Ohio feels a lot like home to Scott as he grew up in the small town of Fremont, Ohio where his family still resides. Scott is married to Julia, a NICU (Neonatal Intensive Care Unit) nurse at Mt. Carmel St. Ann's Hospital. They have two beautiful children, Evelyn (4) and Ethan (3 months). Scott has always had a special interest in science, math, and caring for others, so nursing was a natural fit for him.

Scott earned his Bachelor of Science degree at Bowling Green University in 2007 and attained a Master of Science at Chamberlain University last year. Upon graduating BGSU, he worked in a medical surgery unit, ICU, and wound care clinic. In 2010, he joined Mt. Carmel St. Ann's Hospital then moving on to the Ortho One Surgery Center in 2016.

Scott takes pride in spending quality time with patients, thoroughly explaining their medical condition and treatment options. This helps them understand their healing process and have realistic expectations. His desire for more face-to-face contact with patients and time in the operating room is what drew him to the Foot & Ankle Wellness Center. He's looking forward to connecting with patients and building long lasting relationships.

*Scott, we're happy you've joined our FAAWC family and we look forward to a bright future.*

## Be Sure to Baby Your Feet When You're Expecting

Each May brings around a very special holiday—Mother's Day (May 13th this year, in case you forgot). Being a mom is awesome, but being pregnant can put a lot of stress on your feet. **Luckily, the podiatrists at the FAAWC have some simple tips for keeping our moms-to-be healthy.**

- Your center of gravity is no longer the same; avoid high heels or activities that challenge balance
- Wear lace-up shoes and put them on as soon as you wake up in the morning to avoid slips and falls
- Use compression stockings and elevation to reduce foot and ankle swelling
- Pregnancy hormones loosen ligaments in the feet, creating the potential for fallen arches; always wear supportive footwear
- As your baby grows, increased body weight puts excess pressure on the feet, often leading to plantar fasciitis (heel pain) or tendonitis (arch pain)
- Take some time to relax and put your feet up with a trip to our PediCare Salon

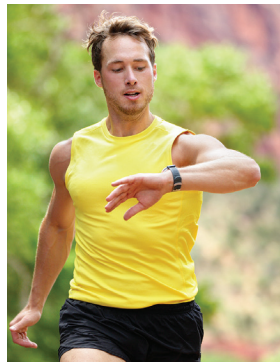


**Be sure to check our website, FAAWC.com for our helpful blogs covering topics from back pain down to swollen ankles and flat feet.**



# Trust Your Health to Technology

There are four main aspects of healthy living: exercise, diet, sleep, and meditation; all of which technology can help you keep track of.



**Exercise**— Pedometers were called step counters because that's all they did. Now these gadgets are wearable high-tech fashion! Fitness trackers not only record steps taken, but also track elevation or stairs climbed, duration and level of sports and gym time, and even prompt you when you haven't stood up in awhile. Setting step goals is a great way to keep yourself motivated to stay active.

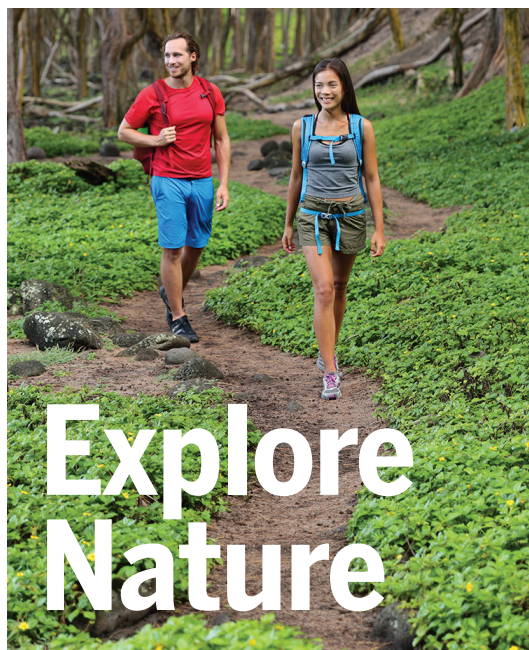
**Diet**— Even the smartest of activity trackers can't detect what you eat, but they do pair with phone and

computer apps that record your calorie info. "No matter how many fad diets claim to be the answer, the real secret to healthy living is calories in/calories out," Dr. Belpedio advises us. Splurging for dessert is totally fine... as long as you've done enough exercise today. Don't leave it to guesswork, let technology keep track of steps and calories so you can enjoy the foods you love without feeling guilty.

**Sleep**— Keeping track of how long we rest in a single night is easy, but can you remember how many hours of shut eye you got each night for the past month? A wearable fitness tracker can. Not only that, they can tell you exactly how restful your night really was. Over time, a fitness tracker will use sleep patterns to suggest bedtimes and even set alarms for you.

**Meditation**— Technology makes it easy to keep track of physical health, but fewer people concentrate on their mental health. Manage your stress levels with automatic heart rate monitoring and pattern recognition. By comparing your resting heart rates with those during exercise, these gadgets know when to prompt you to relax or even guide you through some meditative breathing. You can also track symptoms of depression and other mood disorders with a look back on your sleeping, eating, and exercising patterns.

It's easier than ever to make your self-care routine automatic when you go high-tech with activity trackers and applications. **Don't forget to monitor all four aspects of health—exercise, diet, sleep, and mental health—and keep caring for your feet with the FAWC.**



**Walking trails are a great way to exercise and explore nature.**

Did you know that Ohio, including Delaware is home to trails with various lengths from ½ mile to 23 miles! **A great way to find the perfect trail for you is using the website [www.traillink.com](http://www.traillink.com).**

This website is by Rails-to-Trails Conservancy that has a goal of creating more walkable, bike able communities in America. The website can lead you to different trails in all 50 states as well as Ohio. With trails that are specific to your need: walking, biking, dog-friendly and even wheelchair accessible. **The site will give you trail descriptions, trail maps, photos, and reviews.**

## Pesto Chicken with Blistered Tomatoes

Beyond a sauce, pesto makes a fantastic binder for crispy-crusted chicken. It also serves as the creamy contrast to the crunchy Parmesan and panko topper.

### Ingredients:

2 1/2 tablespoons olive oil, divided  
4 (6 oz.) skinless, boneless chicken breasts, pounded to 1 in. thickness  
1/2 teaspoon kosher salt, divided  
1/2 teaspoon black pepper, divided  
1/4 cup whole-wheat panko (Japanese breadcrumbs)

2 tablespoons grated Parmesan cheese  
1 tablespoon unsalted butter, melted  
6 tablespoons spinach pesto (from Spinach Pesto Pasta with Shrimp)  
3 cups multicolored cherry tomatoes  
1 garlic clove, thinly sliced  
1 teaspoon red wine vinegar



**Directions:** Step 1: Preheat broiler to high.

**Step 2:** Heat 1 tablespoon oil in a large ovenproof skillet over medium-high. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add chicken to pan; cook 5 minutes on each side. Remove pan from heat.

**Step 3:** Combine panko, cheese, and butter in a bowl. Spread pesto evenly over chicken in pan; top with panko mixture, pressing to adhere. Place pan in oven; broil 2 minutes or until browned.

**Step 4:** Heat remaining 1 1/2 tablespoons oil in a skillet over medium-high. Add tomatoes; cook 6 minutes or until softened. Add garlic; cook 30 seconds, stirring constantly. Stir in remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and vinegar. Serve with chicken.





## WHAT'S UP, DOCS?

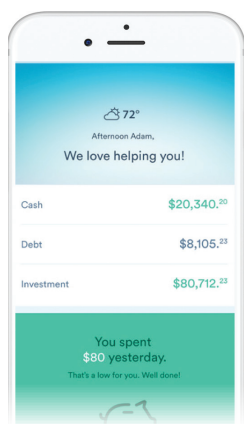
1. **Dr. Graebner** was honored by Ohio Health for 35 years of service. Pictured left is Barbara Evert MD, VPMA (Vice-President of Medical Affairs), Dr. Graebner and right is Raymond Fuller MD (Chief of Medical Staff).
2. **Dr. Graebner** practicing her technique at the McClain Lab biopsy workshop at the No Nonsense Podiatry Conference. (That is pigskin she is working on in case you thought otherwise).
3. **Dr. Anderson's girls** enjoying the St. Patrick's Day parade.

4. **Dr. Drew** had the honor and privilege of attending a master class with one of his idols, Dr. Andrew Blosser. Dr. Blosser is one of the regions best tenors, and the head instructor of voice at The Ohio State University. Also pictured is Paula Trybus, Dr. Drew's vocal teacher.
5. **Dr. Drew** celebrated his birthday with family and friends.
6. The staff had a wonderful time at **Elia's** baby shower.
7. **Elia** welcomed a baby girl Catalina Ali on March 22.

## An APP Worth Trying... Claritymoney

"Claritymoney will help you take control of your finances by cancelling wasteful accounts, getting you better deals and managing your financial life – all in one place for **free**." Voted Best of 2017 by Google Play and "New App We Love" by Apple.

claritymoney



## It's A Date!

FAAWC will be attending the following upcoming health fairs:

**April 28**

Delaware County  
Healthy Kids Day  
Delaware YMCA  
8:30 a.m. - 11:30 a.m.

**May 10**

Celebrating Seniors  
Mingo Park  
10 a.m. – 1 p.m.

## Blue Light Specials!

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



### April Specials:

- **Custom Heat Molded Orthotics:** help to reduce foot fatigue and foot and heel pain. Thin and versatile for multiple shoe styles.
- **Aetrex Socks**  
**Copper Socks:** helps prevent bacteria, fungi and odor and improves skin texture  
**Compression/Support Socks:** reduces swelling and improves circulation

### May Specials:

- **Compression Socks:** reduces swelling and improves circulation with soft comfort band, toe and heel
- **Natural Shea Butter:** helps rejuvenate and moisturize skin, protects skin from hot and cold weather and also helps heal wounds faster
- **Spa Socks:** relax in luxurious softness

**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.**



## FOOT & ANKLE WELLNESS CENTER

1871 W. William St.  
Delaware, OH 43015

## Patient Appreciation Treat

We appreciate you!  
Enter when you come in for  
your next appointment for  
a chance to win our  
**April Walking Basket** with  
a **\$100 gift certificate to**  
**the New Balance store** or  
our **May Tea Basket**.

## Give Mom the Gift of Healthy Feet – Happy Life

Gift Cards are Available for Any Product or Service

ENJOY A 30-MINUTE  
**PediCare**

**Your Session**

- Trimming of
- Reduction of
- and corns
- Application
- moisturizer

Call to sched  
appointment  
of our state-  
medical nai

FOOT &  
WELLNESS

ENJOY A 1-HOUR  
**PediCare**

**Your Session Includes:**

- Hydrotherapy
- Trimming of toenails,  
calluses and corns
- Foot and ankle  
massage

Call to schedule an  
appointment with one  
of our state-licensed  
medical nail technicians.

FOOT & ANKLE  
WELLNESS CENTER

1871 W. William St.  
Delaware, OH 43015  
740.363.4373  
www.FAAWC.com

EXPIRES \_\_\_\_\_

FAAWC is proud to  
provide a safe and clean  
environment in our nail  
salon for your PediCare  
and to have your services  
performed by specially  
trained Medical Nail  
Technicians.

**You can choose a  
half-hour or a one-  
hour PediCare to  
pamper the “Mom”  
in your life.**

## Spring Cleaning!



The National Kidney Foundation can  
pick-up your gently used clothing and  
household items free of charge.  
**Call 614.351.2900 or sign up online at**  
**[www.nkspickup.com](http://www.nkspickup.com)**. Pick up is limited  
in rural areas. Please call first.

Your donation is tax deductible and can  
be listed as a deduction when you file  
your annual income taxes.



National Kidney Foundation®