



**FOOT & ANKLE
WELLNESS CENTER**

www.FAAWC.com August/September 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 • Scott J. Blanchard, C.N.P.

www.FAAWC.com

We Keep You in the Game

SUBMIT YOUR PHOTO FOR OUR Photo Contest!

Deadline is Oct. 15

FAAWC will pick 15 of our favorite photos that will be turned into canvas prints for our treatment rooms.

Photos will need to be high resolution and emailed to jody@faawc.com, or you can drop by with a flash drive and we can upload your photo.

Be sure to include your name, phone number and subject of photo.

The winner will have a plaque with their name on it next to the picture in the treatment room. The winners will receive a gift of appreciation and an open house tour showing their artwork.



If the Shoe Fits... Buy it!

A good pair of shoes is the one of the most important investments you can make for your foot and ankle health. Not only do they protect your feet, but they assist you in leading an active lifestyle. Choosing the right pair of shoes might require a professional gait analysis from your podiatrist. Get to know your feet, their unique structure, and their ailments.



Use this knowledge when choosing your next athletic shoe.

One of the most common questions we get when it comes to shoes is **'what is the difference between a walking and a running shoe?'** It is vitally important to have the correct shoe for your activity, and running and walking shoes are very different.

Walking

- When walking, your feet absorb the shock of 1-2x your body weight
- The walking motion begins in the middle of the heel and rocks straight forward to the toes for push-off
- Walking shoes are flexible in the forefoot for maximum range of motion
- Arch support is particularly important as this is where the most pressure is felt

Running

- When running, your feet absorb the shock of 2-4x your body weight with each stride
- The running stride strikes on the outer heel and rolls in an S shape to push off from the big toe
- Running shoes require more heel cushion to absorb impact
- Because running is more active, shoes should have mesh panels for breathability

Wed., Sept. 26
3 to 6 p.m.
SAVE THE DATE
and watch for
more details!

gift card

Tanger
Outlets

Be Sure to Join
Us for A "Balance
Challenge" You
Could Win A \$400
Tanger Outlets
Gift Card!

Do Your Feet Need "Glasses"?

The anatomy of the foot and ankle is extremely complex. If we were all biomechanically flawless, none of us would need an orthotic, but many people have foot conditions that need corrected with orthotics in the same way people with eyesight problems need corrective help from glasses or contact lenses.

You may need orthotics because of an inherited trait or your foot may have changed over time and no longer functions properly, causing you pain and deformity. No matter the reason, it's important to be fitted for a custom orthotic, not a generic, "over the counter" model.

The five most common problems orthotics can help are:

- Plantar Fasciitis
- Arthritis
- Tendonitis
- Diabetic Neuropathy
- Pain in the ball of the foot

A shoe cannot make up for the support an orthotic provides, even if it claims to have sufficient support. Foot impressions are taken in our office using a clean and simple process. Our pedorthist molds a custom orthotic for you with specifically prescribed modifications for your foot and ankle condition within 7-14 days.

Like any habit, learning to wear your orthotics full time may take some getting used to. Even a short couple of hours without your orthotics can lead to aggravation of a medical issue. If you must wear fashionable footwear for work, a heat-molded prefabricated smaller orthotic can be made for those dressy shoes, even high heels. Like glasses or braces, orthotics may need to be adjusted or re-molded at regular intervals.



Peanut Butter Balls

Recipe Submitted by Karen Ryan – (Dr. Anderson's patient)

½ cup peanut butter – natural
½ cup honey

Melt the peanut butter and honey together.

Then pour over the following:

1 cup oatmeal
½ cup chocolate chips
½ cup wheat germ
¼ cup sesame seeds
¼ cup sunflower seeds
¼ cup chopped walnuts, optional

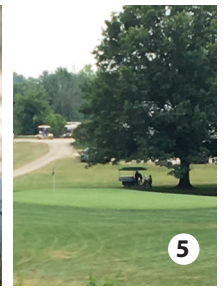
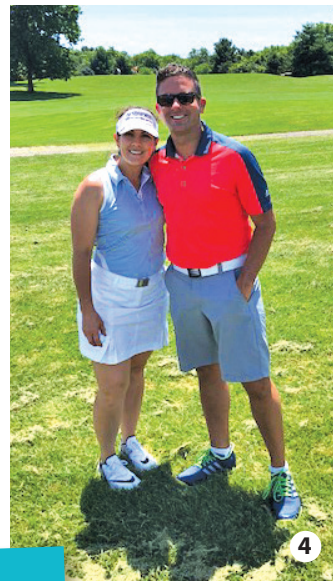
Mix together and form into balls.

You may substitute raisins for chocolate chips.



INTERESTING Foot Facts

- ♦ A 2½-inch high heel can increase the load on the forefoot by 75%.
- ♦ 75% of Americans will experience foot problems at one time or another in their lives.
- ♦ Humans have nearly 8000 nerves in our feet.
- ♦ In the 1300s, King Edward II declared barleycorn as the basis for shoe measurement.
- ♦ The most expensive shoes ever, Dorothy's shoes from the Wizard of Oz, sold for \$660,000.
- ♦ The record for the world's largest feet belongs to Matthew McGrory who wears US size 28½.
- ♦ The human foot contains 26 bones, 33 joints, 107 ligaments, 19 muscles and tendons.



WHAT'S UP, DOCS?

1. **Dr. Jane** greeted Erin Brown (Edward Jones), Kelsey Scott (City of Delaware) and Holly Quaine (Delaware Area Chamber of Commerce) at the Chamber Before Hours event on August 2.
2. **Dr. Drew, Jody and Elia** greeted guests at our Before Hours Chamber event on August 2.
3. **Dr. Drew** visited his family in Chicago, and spent time with his niece, Fiona.
4. **Dr. Drew and Dr. Marti** participated in the 2018 Delaware Area Chamber of Commerce Golf Outing at Oakhaven Golf Club on June 15.
5. **Scott Blanchard, CNP** represented FAAWC at the 5th Annual Tee It Up to End Alzheimer's Golf Fundraiser on Sunday July 15. FAAWC was a sponsor of the event.
6. **Dr. Drew** performed with his band, "The Basement Band." Singing songs by Prince, Chicago, the Beatles, and more. The event raised money for a little girl named Reagan, who has an incurable disease. It was a beautiful night and a very worthy cause.

Where We've Been & Where We'll Be!

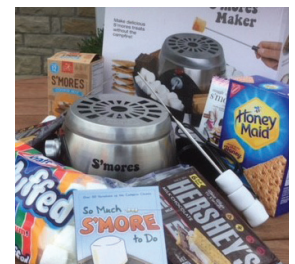
- Aug. 2:** Hosted a Business Before Hours with the Delaware Area Chamber of Commerce.
- Aug. 3:** Attended Delaware County/ City Employee Health Fair at OWU.
- Aug. 3:** Co-sponsored Delaware's First Friday.
- Aug. 4:** Co-sponsored of the Alpha Groups Duck Derby at Zoombezi Bay.
- Aug. 7:** Attended Arthur's Place Senior Housing Fun & Wellness Fair.

Upcoming Events — Save the Date!

- Aug. 30:** Day of Kindness, 7am to 7pm. Stop by for a treat and other surprises.
- Sept. 26:** Balance Challenge, 3 to 6 pm.

Let FAAWC Give You a P.A.T. on the Back (Patient Appreciation Treat)

On the last day of each month, we will be drawing one lucky individual to win a free gift basket based on a theme. We commemorated **National S'mores Day (August 10)** with a s'mores spectacular snack basket. For **National Coffee Day (Sept. 29)**, we will give away a coffee bundle featuring a Keurig!



Every patient or nail salon client is eligible to fill out an entry at your appointment. **For additional entries:**

1. Share our Facebook posts with your friends and family members.
2. Activate your online Patient Portal at the FAAWC website. Call us for an activation code today! Then send us an e-mail message through the portal with "P.A.T. Drawing" as subject line.
3. Refer a new patient or salon client.
4. Snap a photo with your FAAWC koozie, post it on Facebook and tag @drFAAWC.

*This is just our way of saying **THANK YOU** for your continued support!*



FOOT & ANKLE WELLNESS CENTER

1871 W. William St.
Delaware, OH 43015

PediCare Salon Sale

starts the day
after Labor Day,
Sept. 4, 2018.

Limit 2 per
person/per visit

60 minute \$45

30 minute \$25

While supply lasts.

Limited quantity!

Wear Your Shirt and Visit the Foot and Ankle Wellness Center

on August 30th for
Delaware's Day of Kindness!



Drop in anytime between 7 a.m. and 7 p.m., and receive a free treat to Celebrate Delaware's Day of Kindness.

Be sure to take a picture with the Mayor's Proclamation, which is proudly hanging in our reception room.

Blue Light Specials!

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



August Specials:

MLS Laser Packages: Treats arthritis, bursitis, heel pain, tendonitis, sprains & strains, sports injuries, occupational injuries, fractures, post-surgical pain and swelling.

Stopain Clinical Roll-on: Delivers fast, temporary relief from minor muscle and joint aches and pains associated with simple backache, arthritis, strains, bruises, and sprains.

Cold & Hot Compress: Conforms to body to help relieve pain and reduce swelling.

Sealtights: Protects casts, bandages, dressings and other healing aids from the damage of moisture penetration.

September Specials:

NerveReverse: Uses clinically-proven ingredients to improve blood flow and decrease inflammation around your nerves. This allows your nerve to get the nutrition needed in order to be restored to a healthy state.

Stopain Clinical Roll-on: Delivers fast, temporary relief from minor muscle and joint aches and pains associated with simple backache, arthritis, strains, bruises, and sprains.

Revere Shoes: \$10 Off. Revere shoes offer comfort, support and style. The comfort footbed is removable to fit custom orthotics.

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.