



**FOOT & ANKLE
WELLNESS CENTER**

www.FAAWC.com December 2017/January 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 • Christopher A. Tułodziecki, DPM

www.FAAWC.com

We Keep You in the Game



There's No Place Like Home...



Dr. Chris has made the difficult decision to accept a position in his sister's podiatry practice near Akron. He and his new wife Katie will be moving

closer to their families in early January. We will surely miss him. Dr. "T" has enjoyed working with the FAAWC team and living in Delaware. Rest assured we will be introducing a new physician to replace him at least by mid-summer.

Help Fight Cancer



You're invited to the Mr. Aruba Bench Race Winter Nationals and Charity Challenge **Saturday, January 27 at 3 p.m.**

Every January for the past 13 years, Dr. Jane and her husband, Mike (AKA Mr. Aruba), host a party that raises money for JEG's Race for the Cure Cancer Fund.

For more information, please visit:
www.MrAruba1965.com or
on Facebook [MrArubaWinterNationals](#).

Or stop by the office for more details.

Do You Suffer from Burning Shooting Pain in Your Heel?

Tarsal Tunnel Syndrome is Often Mistaken for Plantar Fasciitis

Tarsal tunnel syndrome (TTS) is caused by "squeezing" of the posterior tibial nerve, which runs along the inner side of your ankle and foot. It is similar to carpal tunnel which occurs in the wrist. Both conditions arise from compression of a nerve in a confined space.



TTS is caused by anything that produces compression on the posterior tibial nerve, such as:

- Flat Feet
- Varicose Veins
- Ganglion Cyst
- Swollen Tendon
- Bone Spurs
- Injury such as Ankle Sprain
- Systemic Conditions like Diabetes or Arthritis

Patients with TTS experience one or more of the following symptoms:

- Tingling, burning, or a sensation like an electrical shock
- Shooting pain radiating into heel and arch
- Numbness

If left untreated, this condition can get progressively worse and may result in permanent nerve damage. Proper evaluation is essential so that a correct diagnosis can be made and appropriate treatment initiated.

Initial conservative care for TTS can include:

- Oral anti-inflammatory medication
- Custom orthotic devices
- Cortisone injections

However, sometimes surgical release of this damaged nerve is the best option for treating tarsal tunnel syndrome. Your FAAWC surgeon can help you determine if surgery is necessary.



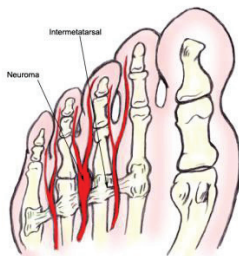
MY-MY-MY NEUROMA

TO THE TUNE OF "MY SHARONA"

One of the most common foot conditions is a neuroma, which is a pinched nerve in the ball of the foot. They often start with an unusual intermittent pain in the ball of your foot that can include numbness, tingling into the toes, burning, muscle spasms, or the feeling that your "sock is bunched-up" or you are walking on a "marble".

The exact cause of neuromas is unknown, but there are several possibilities:

- Heels higher than 2 inches
- Narrow, tight-fitting or pointy-toed shoes
- Compression hose
- Flat feet
- High arches
- High impact sports like running
- Conditions such as bunions or hammer toes



A neuroma is not a condition that can go away on its own, but usually gets worse at time goes on. Conservative treatment can consist of:

- Wider or different style shoes
- Custom orthotics with metatarsal pads
- Activity modification
- Immobilization or offloading
- Injections of alcohol and/or cortisone

Ultimately, surgical intervention to remove this painful damaged nerve may be the best option. Like most foot and ankle conditions, the earlier you start treatment, the better the outcome.

Congratulations

Twiddle Your Thumbs Winners!

Congratulations to our **Twiddle Your Thumbs** winners **Dixie Pritchard and Angela Hillyard**. They each won a \$50 gift card for liking and sharing our Facebook posts.



Kim Brown, M.A. Celebrated 20 Years at FAWC

Kim is a very special member of our medical team. Along with her medical assistant degree, she has attained a GXMO X-ray license and a Certified Therapeutic Shoe Fitter accreditation. Last spring, she completed the requirements to become a Certified Podiatric Medical Assistant. Please join us in congratulating Kim for her hard work, dedication to our patients, and commitment to making your experience at FAWC special.

Dr. Anderson, Dr. Belpedio, and Dr. Graebner celebrated this landmark with dinner at the Hollywood Casino in Columbus. We feel lucky and grateful to have such a remarkable team member. **Thank you Kim for all you do!**



Christmas Tree Vegetable Platter

Ingredients

Creamy Herb Dip

- ½ cup sour cream or crème fraîche
- ¼ cup mayonnaise or salad dressing
- 3 tablespoons fresh chopped parsley
- 3 tablespoons finely chopped fresh chives
- ½ teaspoon Worcestershire sauce
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 small clove garlic, finely chopped

Vegetable Platter

- 3 cups fresh broccoli florets
- 14 grape tomatoes
- ½ yellow bell pepper, cut into strips
- 1 ½ cups fresh cauliflower florets
- ¾ oz (about 40) pretzel sticks (from 15 oz bag)

Steps

1. In small bowl, stir together dip ingredients. Cover; refrigerate at least 1 hour to blend flavors.
2. Rinse and thoroughly dry vegetables. Trim broccoli and cauliflower floret stems.
3. Arrange broccoli on serving platter to form tree shape and tomatoes to form garland. Arrange bell pepper to form star and cauliflower to form snow (see photo). If desired, cover and refrigerate up to 4 hours.
4. Just before serving, arrange pretzels at bottom of tree to form trunk. Serve with dip.



1



2



5



3



4



6

WHAT'S UP, DOCS?

1. Dr. Anderson's little ones couldn't be any cuter in their Halloween costumes. **Calli** is the Ninja Warrior, **Kaitlyn** is Ariel, and **Hayden** is a kitty cat.

2. Thank you to all who participated and supported our Sweet Feat 5K Walk and the 5K Pumpkin Run, \$1500 was raised this year! We partnered with the YMCA to raise funds and awareness for the Y's program, Healthy Weight and Your Child.

Pictured are **Reyan Ali** (Elia's husband), **Dr. Jane**, friend **Laura**, and **Elia Ali** (our Practice Administrator)

3. FAAWC brought the Wonderful Land of Oz to the City of Delaware's Trunk or Treat event. **Dr. Jane** was the Cowardly Lion; **Jacqueline** was the Scarecrow; **Tonya** was the Tin Man; and **Tamie** was lovely Dorothy.

4. During October, Breast Cancer Awareness month, the FAAWC supported the fight by wearing pink.

5. Dr. Belpedio with his patient, Peg Baird.

6. Dr. Graebner and husband Mike enjoyed a nice evening at the annual Memorial Hospital Gala. This year's theme was "Havana Nights".

Time is Running Out!

USE IT (health care flex spending dollars)

Or LOSE IT (dollars from your paycheck go to your company)

We can help you. Call our office or drop by to put those dollars to good use! If your feet and ankles have been examined by FAAWC in the past, here are some possibilities:

Pain and Healing
Laser Therapy
Neuropathy Treatment
Orthotic Sandals
& Clogs
Custom Orthotics
& Shoes

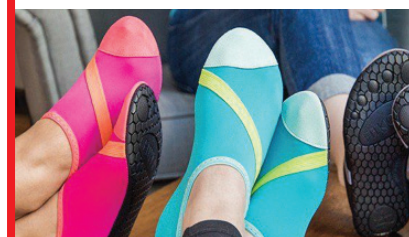
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Treatment
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FOOT & ANKLE WELLNESS CENTER

1871 W. William St.
Delaware, OH 43015



**All I want for Christmas
is ... my bunion fixed.**

Dr. Jane is having bunion correction at Grady Memorial Hospital on Friday, Dec. 29 and will be blogging and sharing on Facebook her experience. After 35 years of performing bunion surgery, she is finally going to experience it personally. Prayers are always welcome.



**Snow Many Reasons
We're Thankful for YOU
This Holiday Season!**

THE GIVING CORNER

**Where It's Easy to
Make a Difference**



We value the men and women serving in the military. We realize how hard it is for them to be away from friends and family during the holidays, so this year we collected goods and sent them to the troops.

**Thank you to all who
participated and helped us
make a difference this
holiday season.**