



**FOOT & ANKLE
WELLNESS CENTER**

www.FAAWC.com February/March 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

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 Peanut Butter Day (January 24)** with a variety of peanut butter snacks and The Peanuts movie. For **National Chili Day on February 22**, we filled a crockpot



with a chili recipe book complete with ingredients, bowls & spoons, chili pepper socks and a Red Hot Chili Peppers CD. We will celebrate **Dr. Seuss Day on**

March 2 by creating a special basket of fun surprises. (Also watch for our Dr. Seuss Facebook contest in March!)

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.

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

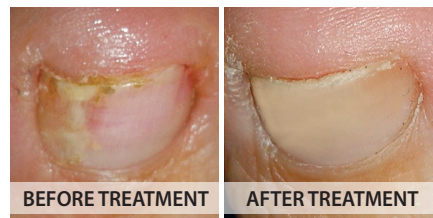
Now That the Polish is Off...

Putting your best foot forward means doing all you can for your feet, but we need to make sure we're actually taking care of our problems, not just covering them up. First thing to do this winter, take that nail polish off! Only when we take a hard look at our feet can we understand the real conditions underlying our cosmetic problems. **Some common issues you may find include:**

- Fungal Nails
- Black Toenails
- Ingrown Toenails
- Warts
- Calluses
- Cracked Heels

Luckily, these conditions are treatable.

Calluses and cracked heels are two specialties of our PediCare nail technicians. A safer alternative to pedicures, the PediCare salon offers services ranging from a no-frills nail trimming and callus reduction to a full hour of foot pampering. They can even touch up discolored nails, apply anti-fungal polish, and create an entirely new nail using the Keryflex, nail restoration system.



Want another great option for ditching your problems and making your feet sandal-ready? **Try our Aerolase Laser. These simple treatments can take care of many problems:**

- Fungal Nails
- Spider Veins
- Warts
- Scars and Age Spots

You don't have to live with unsightly feet ever again, but you do need to call the Foot & Ankle Wellness Center today. Taking care of your underlying conditions will make your feet beautiful and leave you ready to show off those tootsies. Don't delay!



New Year...New You! Our FAAWC 2018 Resolution

As part of our commitment to you and your total well-being, we have dedicated 2018 to helping you **"Live Better"**. We will be giving tips, advice, and information in our newsletters, weekly blogs, emails, and social media posts to help you improve your quality of life so you can live happier and healthier. Be sure to follow us on Facebook and check out our blogs on our website www.faawc.com.

Going for the Gold in the Cold

It's everyone's favorite sporting event again—the Olympics! As we marvel over the twists of the figure skaters and the speed of the slalom skiers, we need to remember that sports can be dangerous. Fourteen out of every 100 Olympic athletes will suffer an injury during the games. The most common include sprained ankle, bone fracture, Achilles tendon damage, ligament strain, and tendonitis.



While you may not be competing for a medal, you probably will be exercising this winter and these injuries can affect you, too. Luckily, there are easy ways to prevent injury and keep you performing at your best in this cold wet weather. Your shoes will need to support your foot for activity on uneven and slippery ground. Make sure they have deep treads or get a set of spikes to wear with your regular running shoes. Your socks are equally important! Socks for winter exercise need to wick sweat away from your feet while also keeping them toasty warm. A waterproof shoe can increase your insulation.

Winter terrain is different so don't expect to exercise the same on it. If you try to run or walk with the same pace and stride, you're

not going to get very far before it starts to hurt. Shorten your stride and lower your pace to avoid potential falls. Steer clear of hills (unless you're sledding, of course) to reduce the risk of slipping. Stretching is also important, even if you're only exercising indoors. Starting a workout with cold muscles can lead to strain and injury.

Look for fun things to do in the winter that keep you active, but also reduce your risk of foot and ankle trauma. Try building a snowman, shoveling your driveway, or having a snowball fight. Keeping your feet healthy and active in winter is easy with a few smart tips.

Meet Our Lucky Winners!



Anne Pollock was our big "Bring 'Em In and You Can Win" \$400 Tanger Outlet gift card winner!



Margo Sparks was the winner of our "National Peanut Butter Day" gift basket!



Slow Cooker Chili

Prep time: 10 minutes

Cook time: 4 hours

Total time: 4 hours 10 minutes

Serves: 4

This Crockpot Chili is so easy and so good! This is great for a freezer meal too!

Ingredients

- 1 lbs. lean ground beef (or turkey)
- 1/2 can of red kidney beans, rinsed (15 oz)
- 1/2 can crushed tomatoes (28 oz)
- 1/2 can of water (28 oz)
- 1/2 large onion, minced
- 1 cloves of garlic, minced or pressed
- 1 Tbsp chili powder
- 1 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp ground cumin
- 1/4 tsp cinnamon
- 1/4 tsp cayenne pepper (optional - depends on how spicy you want it)
- 2 tsp red wine vinegar
- 1/2 tsp Worcestershire sauce
- 1 tsp chocolate chips or cocoa powder

Instructions

1. Place the ground beef in the bottom of the slowcooker.
2. Top with all spices.
3. Add liquid ingredients.
4. Cook on high for 4 hours, medium for 6, or low for 8.
5. Add kidney beans and cook for another 20 minutes.



WHAT'S UP, DOCS?

1. Pie in the face at Dr. Anderson's house was super fun for **Hayden, Calli, Dr. Anderson and Kaitlyn.**

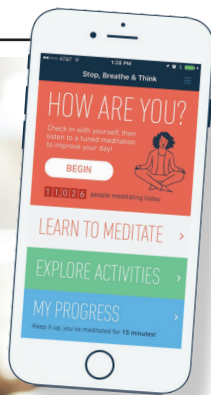
2. The **FAAWC staff and friends** went to see The Greatest Showman for our employee appreciation outing.

3. The FAAWC staff was hamming it up at the Flying Pig Alehouse: **Dr. Graebner, Kez Mitchell, Jen Hargenrader, Kim Brown, Dr. Tulodziecki, Alicia Collins.**

4. Left to right, **Brad Zaskowski, Pastor Paul McCullough, Troy (TJ) Coughlin Jr, Ron Richards, Jeg Coughlin Jr. at Mr. Aruba's 14th Winternationals** fund raising event for Jeg's Race for the Cure show their support for a fellow racer "Special Kay" Smith who is battling cancer and had to miss the event by wearing her Stay Strong bracelet. (Available at FAAWC for \$1 and Dr. Jane and her husband will match that dollar.)

5. **Jill Schultz and Tamie Wilson** enjoyed meeting new people at the First & Main health fair.

6. Several members of the FAAWC staff gathered to raise money for Nationwide Children's Hospital by posting the Heisman Jazz Hand pose. Pictured is **Elia Ali, Sarah Berridge, Alicia Collins, Alean Gladden and Dr. Graebner.**



Stop, Breathe & Think

Available for iOS and Android

The meditation app Stop, Breathe & Think wants to help you learn about mindfulness then ease you into achieving it. A section called Learn to Meditate explains what mindfulness is, why it's beneficial, and what to expect when you press play on your first track. It even covers some of the neuroscience of mindfulness and the physiology of stress, in case you're still skeptical. They even have an app for kids. **Check out this FREE app to de-stress.**

New Year, New Sale!

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



February Specials:

- **Therafirm TheraSport compression sleeves** for shin splints, spider veins, swelling and tired legs
- **Bromi-lotion foot antiperspirant** to control sweat and eliminate odor
- **ShoeZap ultraviolet shoe sanitizer** that eliminates bacteria and fungus in 15 minutes

March Specials:

- **MLS laser therapy**, a non-invasive painless way to promote fast healing and decrease pain
- **Stopain Roll-on relieves pain** from arthritis, muscle aches, and neuropathy
- **Hot/Cold reuseable microwaveable packs** to reduce inflammation, pain, and swelling

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

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POST-OP DAY 39

Follow Dr. Graebner's
post-op recovery on
our Facebook page:
DrFAAWC under our
*No More Bunion
Journey videos.*

Hurry Up Your Healing LASER THERAPY PACKAGE

If you're considering foot or ankle surgery, we know you want to get "back on your feet" as quickly as possible with minimal pain and swelling. Our painless MLS laser therapy is designed to speed up your healing by increasing blood flow which brings more oxygen to the injured tissues and bone, accelerating the healing process while eliminating the toxins associated with inflammation.

What does this mean for you?

Quicker healing, less scar tissue, reduction of pain and swelling...so you can get back to work (or play) much sooner and get those dressy shoes on faster.

This package includes:

- **6 Laser Therapy Treatments** (one a few days prior to your operation and then twice weekly)
- **1 pair of our Therafirm Core-Spun compression support socks** 10-15 mmHg to control swelling
- **1 tube of Stratoderm scar therapy gel** to improve your scar

Laser therapy is **not a covered benefit of any medical insurance**. The cost of your package is **\$300** (25% discount off normal prices).



It's the Little Things

Thank You for Participating in Operation Gratitude

We received word that the boxes we sent to the troops got to them safe and sound. They were very thankful for the thought and effort that went into everything we sent. You'd be amazed how something so simple makes such a huge impact. They truly appreciated our kindness. ***We'd like to thank all of you who helped us make this holiday season better for our troops.***