



FOOT & ANKLE WELLNESS CENTER

1871 W. William St.
Delaware, OH 43015

COME IN, WE'RE
OPEN

**Your Pain &
Injury Specialists
are Here to Help!**

FAAWC has **Urgent Access**
hours for emergencies
Monday - Thursday.
Walk-In Hours
Every Friday 12 - 3 p.m.



Did you get fitted for diabetic shoes in 2018?

Keep in mind this process
may take several months. You need
to see your primary care physician
or endocrinologist within the past
3 months and have the paperwork
signed by your physician before we
can schedule your shoe fitting.

**Call our office today to schedule
an appointment for a diabetic
evaluation.**

Blue Light Specials!

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



October Specials:

Terpenicol: Kills toenail fungus. Dries faster
and enables an easier visual application and
treatment for diabetics.

FungiFoam: Has the power of 4 products in
one to help in the prevention of Athlete's Foot:
antifungal for healing, anti-pruritic for itchy
skin, moisturizing and exfoliating for softer
and smoother skin.

Formula 7: An effective way of treating
fungal nail infections and has received the
American Podiatric Medical Association's Seal
of Approval for its effectiveness when used
regularly.

Clean Sweep: Kills the bacteria, fungus and
mold that are often found in our shoes. Can be
used on washable and non-washable items.

November Specials:

World's Softest® Socks: American made
in Tennessee. They come in variety of
colors and styles. Thick, cushiony, and
undeniably soft. They feature reinforced
heel & toe, flat knit toe seam, and tops that
stay up without slipping or binding.

Aquaphor Healing Ointment: Uniquely
formulated to restore smooth, healthy
skin. This multi-purpose ointment protects
and soothes extremely dry skin, chapped
lips, cracked hands and feet, minor cuts
and burns, and many other skin irritations.

***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.***



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www.FAAWC.com October/November 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.

740.363.4373 | www.FAAWC.com

We Keep You in the Game



Pumpkin Run 5K and Sweet Feat 5K Walk

This year the City of Delaware and the
Delaware County Diabetes Association
are teaming up to bring you one
big event. **The 2018 Pumpkin Run
5K and the Sweet Feat 5K Walk
will be Saturday October 27th at
Mingo Park.** All proceeds go towards
Healthy Weight and Your Child, a
year-long program available at the
Delaware YMCA to help families focus
on nutrition education and physical
activity to encourage healthier eating
habits and an active lifestyle.

**For more information and to
register visit: [YMCAPumpkinRun.
itsyourrace.com/register/](http://YMCAPumpkinRun.itsyourrace.com/register/)**



Don't Be a Statistic! How Diabetics Can Beat the Odds.

Diabetes was first described by an Egyptian text
dating from 1500 BC. Since then, major advances in
the understanding of diabetes have occurred. Yet,
it continues to be one of the most misunderstood
conditions, especially when it comes to how diabetes
affects your feet. The importance of proper foot care
in diabetics cannot be overstated. **The facts speak
for themselves:**



- 60-70% of diabetic patients will suffer from peripheral neuropathy (loss of feeling in the toes and feet), which is a leading contributor to foot ulcers (open wound)
- 15% of diabetics will develop an ulcer on their foot, and 6% will be hospitalized for an infection
- Diabetics with a foot ulcer have a **40% higher mortality rate within a 5-year period**
- Approximately 14-24% of patients with a foot ulcer will require an amputation

Good news! Your chances of a diabetic foot complication can be reduced by 75% when you get regular checkups and early treatment. Inspecting your feet thoroughly every night and wearing proper footwear, even in the house, can reduce these risks. **At FAAWC, we pride ourselves in having a lower occurrence rate of ulcerations and infections in patients we follow regularly.**

Call the FAAWC today to schedule your appointment.



Do you have health care spending dollars that you are going to lose?



The end of year is coming soon. **Your insurance deductible will likely start over at the beginning of the year.** Wouldn't a new pair of orthotics be nice? What about compression hosiery, copper socks, Nerve Reverse, Aquaphor ointment or Stopain roll-on? What about that surgery your doctor recommended that you've been putting off? Now might be a great time to recover during the colder months so you can enjoy the warmer weather next spring and summer. Have you met your insurance deductible? You could be 100% covered. We offer complimentary check of benefits and coverage.

To Need or Not to Need?

That's the Question...For Diabetics

Diabetes is a complicated condition with many symptoms appearing in the toes, feet, and legs. One way to protect yourself from foot and ankle injury and illness is to wear diabetic shoes. But who needs them? How are they different? And how do you get them?

You may need diabetic shoes if you are currently diabetic and have one of the following:

- Loss of protective sensation (ability to detect light touch and pressure)
- A bone deformity such as a hammer toe or bunion
- Vascular disease or low blood flow in the feet and legs
- History of ulcers or pre-ulcers (open wound)
- An amputation, of any part of the lower extremity



Diabetic shoes help combat these pre-existing conditions and protect your feet from further damage. Shoes may not be open-toed, slip-on or have no back (i.e., clog). If you don't qualify for diabetic shoes, don't worry. That means you can lead an active and healthy life without them.

At FAAWC we are proud to offer diabetic shoes, and have two Medical Certified Therapeutic shoe fitters. First, our practitioners will examine your feet to determine if you are at risk. Next, we work with your primary care doctor or endocrinologist managing your diabetes to complete a Certificate of Necessity. Once signed, you will meet with one of our certified shoe fitters to choose the best shoe and insert for your unique needs. **If you think you need diabetic shoes, call the FAAWC today.**

Coming Soon!

Voxx Socks: Can a pair of socks or insoles keep you from falling?

Voxx socks and insoles benefits:

- Pain relief
- Physical mobility/quality of life
- Increased energy
- Exercise performance
- Endurance/recovery
- Build muscle

Learn more at StayOnYourFeet.info.



Autumn Style Lentil Soup

Makes 6 servings

Submitted by Denise Anderson

Nutritional Information per serving:

Calories 237, Protein 14.5g, Carbohydrates 38g, Fiber 9g, Saturated Fat 0.5g, Sodium 388mg.

- 1 ounce bacon minced
- 1/2 cup diced onion
- 2 garlic cloves minced
- 1 cup diced leek, white and light green parts
- 1 cup carrots sliced
- 1 cup celery sliced
- 1 cup celeriac or salsify sliced
- 2 tablespoons tomato paste
- 1 bay leaf
- 1 parsley sprig plus 1 tablespoon chopped
- 1 thyme sprig
- 1 whole clove garlic
- 3-4 whole black peppercorns
- 8 cups low sodium chicken or vegetable broth
- 1 1/2 cups dried French lentils
- 3 strips lemon peel
- 1 tablespoon Sherry vinegar or Red wine vinegar
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon chopped chives
- 1 tablespoon white wine (optional)

1. In a medium soup pot or Dutch oven cook the bacon until the fat renders and the bacon is crisp. Add the onion and minced garlic and sweat until the onion is translucent, 4-5 minutes.
2. Add the leek, carrot, celeriac, and celery. Cover the pot and sweat until the vegetables are tender, 4-6 minutes. Add the tomato paste and saute until it begins to brown, about 2 minutes.
3. Tie the bay leaf, parsley, thyme, the whole garlic clove and peppercorns in a piece of cheesecloth to make a sachet. Add the broth, lentils, lemon peel, and sachet to the soup pot. Simmer until the lentils are tender, about 20 minutes.
4. Remove the sachet, and lemon strips. Add the wine, vinegar, salt and pepper. Serve the soup garnished with chives.



WHAT'S UP, DOCS?

1. Don't worry. **Dr. Drew** will catch you if you fall at the "Unstable Surface Station" during our Balance Challenge on September 26.
2. **M.A. Jackie** checking to see if you can stand without using your hands at the "Chair Stand" station during our Balance Challenge on September 26.
3. **Dr. Jane, WDLR Breakfast Club co-host Cathi and Jody** take a moment to smile during Delaware Day of Kindness on August 30.
4. **Scott Blanchard, CMP and his daughter Evelyn** encountering a giraffe at the Knoxville Zoo while on vacation in Tennessee.
5. Stopping by Lynd Fruit Farm, **Dr. Marti's girls, Calli, Kaitlyn and Hayden** quickly get measured for future reference. They're getting so big!



Teresa Sines, August P.A.T. Winner



Alicia Wilson, September P.A.T. Winner

Congratulations Winners!

Teresa Sines, Dr. Graebner's patient, **won the August Patient Appreciation Treat**— the S'mores Spectacular Snack! Which featured an indoor s'mores maker, all the fixins for s'mores, a book, cookie mix and chocolate bar, and last but not least a \$100 gift card to Giant Eagle.

Alicia Wilson, Dr. Anderson's patient, **won the September Patient Appreciation Treat!** She was amazed at winning the Keurig, Keurig cup storage, Keurig cleaner, Ohio coffee mug, coffee and a \$100 gift card to Bed, Bath and Beyond.

Congratulations Balance Challenge Winners!

Congratulations to our **Grand Prize winner George Adamson!** He won a \$400 Tanger Outlet gift card!

George participated in our Balance Challenge on September 26, earning him an entry for a chance to win.



George Adamson

We had gifts cards for Fit Fam Personal Training, Amazon, Lowe's, Mi Cerritos, Tian Fu Buffet, FAAWC PediCare, YMCA, and Donatos.

Thank you to all who participated in this annual event for your health.