



## FOOT & ANKLE WELLNESS CENTER

www.FAAWC.com April/May 2019

# 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*

**Manage Pain.  
Reduce Inflammation.  
Speed Recovery.**



### Quarterly Featured Service: MLS Laser Therapy

**\*10% Off When Purchased in  
Advance of First Treatment**

#### MLS Laser Therapy treats:

- Arthritis
- Bursitis
- Heel pain
- Tendonitis
- Sprains & strains
- Sports injuries
- Occupational injuries
- Fractures
- Post-surgical pain & swelling

#### Benefits of MLS Laser Therapy:

- Non-surgical treatment
- Rapid results
- No negative side effects
- Speeds healing process

*These services MAY be covered  
under your Flexible Spending or  
HSA (Health Savings Account).*

## COULD THIS BE Something Serious?

### May is Skin Cancer Awareness Month

When it comes to our feet, subtle signs and symptoms of skin cancer are easily overlooked. This happens for several reasons. Often, we expect carcinomas and melanomas to appear only in sun-exposed areas. **Skin cancers of the foot may also masquerade as other issues such as warts, rashes, moles, bruises, and ulcers.**

The truth is, all three major skin cancers (basal cell carcinoma, squamous cell carcinoma, and malignant melanoma) can appear on the feet. In fact, they can appear on the top or bottom of the foot and even under the toenail.

Any odd spots, lines, colorations, or sores should be checked immediately by your podiatrist, who is specially trained to recognize the signs and symptoms of these potentially deadly cancers.



**A self-performed skin check of the feet can also reveal areas of concern.  
Look for the ABCDE's of melanomas:**

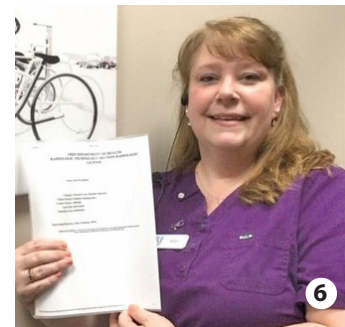
- A = Asymmetry** (a mole or spot that is not circular or one half does not match the other)
- B = Border** (edges of the spot are blurred, irregular, or ragged)
- C = Color** (spot contains shades of different colors such as black, brown, white, and red)
- D = Diameter** (spots over ¼ inch should be checked often)
- E = Evolving** (the spot has changed shape, color, or size over time)

When it comes to skin cancer and your feet, the signs and symptoms could be there, but you may not recognize them. If you're asking yourself could this be serious? The answer might be "yes." **FAAWC offers free skin checks for lower legs and hands on Friday's in May between 12 and 3 p.m.** whether you are our patient or not, **just come in and say "I'm here for my free skin exam".**

### Access Your Own FAAWC Patient Portal

- Secure online account with your doctor
- Send and receive secure messages
- Make changes to personal information
- View and print medications and allergies
- Request refills of prescriptions and view appointments

FAAWC Patient Portal can be accessed through our website at [www.FAAWC.com](http://www.FAAWC.com). Call the office for instructions on setting up your portal account at 740.363.4373.



## WHAT'S UP, DOCS?

**1. Dr. Jane, Kim Brown and Alicia Collins** went to the Midwest Podiatry Conference in Chicago to learn the latest in Podiatry.

**2. Dr. Marti and her girls** enjoyed Disney on Ice FROZEN.

**3. Mike DeChicco** (Dr. Jane's husband and our Facility Manager) won an OSU Basket from Nova Care for his winning March Madness Bracket.

**4. Dr. Drew and Scott** #OperateLikeaDPM. April was National Foot Health Awareness Month.

**5. Dr. Marti and Jill Schultz** enjoyed their annual Delta Gamma Sorority's Founders Day luncheon hosted by the Columbus Alumni for 200 DG alumni and collegiates.

**6. Amy Sanidad** our Medical Assistant received her GXMO (general x-ray machine operator) license. Congratulations!

## Don't Let Your Tendon Be Your Achilles' Heel *Tendonitis vs Tendinosis?*

**T**he Achilles tendon inserts on the back of the heel and helps to move your foot downwards at the ankle. Every step you take relies on this important tendon as it is attached to the most powerful set of muscles in the lower leg, the gastrocnemius and soleus. If you feel sudden or recurrent pain along your Achilles tendon, you may have tendonitis or possibly tendinosis. The difference between these two is more than a few letters and it's important to accurately diagnose your Achilles tendon pain so you can get the correct treatment.

**Achilles tendonitis** is an acute condition brought on suddenly by injury. You may feel inflammation along with redness, warmth, and pain. The tendon has a poor blood supply so it rarely heals on its own. Early intervention with RICE (rest, ice, compression, elevation) and taking non-steroidal anti-inflammatory medications like Advil or Aleve can help.

But **seeking early help** from a professional will hopefully prevent complications that can lead to Achilles tendinosis. Therapy with our MLS pain laser (we call "OZ, the Great and Powerful") can speed healing by increasing blood flow and removing toxins from inflammation especially to avoid a full rupture of the tendon.

**Achilles tendinosis** is a chronic condition brought on by wear-and-tear. Often there is a thickening of the tendon as microtears are constantly being rebuilt. Pain is often present, but redness and swelling are not. Increased pain in the heel on first steps after rest is a common symptom. Achilles tendinosis often is caused because tendonitis was not given early and proper treatment. Surgical treatment is much more common once this condition is chronic.

Pain in the Achilles tendon can often be relieved by an ankle contracture splint or stretching. The problem with most night



splints and stretching is that you need to have the leg fully extended at the knee to truly stretch the calf muscle and this must be done consistently for 8-12 weeks. The Equinus Brace, pictured above, is a revolutionary new brace offered at FAAWC that can be used for only 1 hour per day to effectively stretch the calf muscles to alleviate pain and hasten healing.

**If you are experiencing any pain in your Achilles tendon, visit the FAAWC today.** We can accurately diagnose your condition and get you back on the road to health.

***We Keep You in the Game!***



# Foot and Ankle Wellness Center Launches Walk with A Doc Program in Delaware

This doctor-led group is a fun and safe place to go for a walk, learn about health, and meet new friends. Walkers will enjoy a refreshing and rejuvenating walk with the healthcare professionals at the Foot and Ankle Wellness Center who will provide support to participants and answer questions during the Walk.

The event is FREE and open to the community!

Walks will be held on the 4th Tuesday of every month through October.

Noon to 1 p.m.

Walk begins at Mingo Park Shelter House

Dates: May 28th, June 25, July 23, Aug. 27, Sept. 24 and Oct. 22



## You Asked... We Answered

### May Featured Solution—TheraSport Compression Socks & Sleeves

A true gradient compression that helps improve circulation and provides a reduction in muscle fatigue and faster recovery.



### April Featured Solution—Bromi-lotion

Manage excessive perspiration and odor in a lotion. Ask your Doctor if Bromi-lotion is right for you!



## FAAWC PediCare Gift Cards

Mother's and Father's both agree, a **FAAWC PediCare** is a **treat for your feet**. Stop by and purchase a gift card for Mother's Day and Father's Day!

# Closeout Sale!

## Limited Quantities & Sizes Available

Do you suffer from swollen feet and ankles? Therapeutic gradient compression hosiery can help. Stop by soon to take advantage of this great sale. **Therafirm and Ease** are 25% off, and **Sigvaris** are 50% off.

Summer will be here before you know it. We have **limited quantity and sizes** of **Revere Sandals** available at 50% off.

Available While Supplies Last!



## Grilled Shrimp Avocado Fennel and Orange Salad

4 Freestyle Points, 283.5 calories

TOTAL TIME: 45 minutes, PREP TIME: 30 minutes

COOK TIME: 15 minutes

Grilled shrimp, slices of avocado, shaved fennel and oranges are served over baby kale and mixed greens then topped with a citrus vinaigrette.

### INGREDIENTS:

- 2 navel oranges, peeled and sliced
- 1 lb jumbo shrimp, peeled and deveined (weight after peeled)
- 4 cups fresh arugula or baby greens
- 1 cup (1/2 small bulb) fresh fennel, thinly sliced or shaved w/ mandoline
- 1 medium-size ripe Hass avocado, sliced thin

### For the vinaigrette:

- 1 large navel orange, peeled and squeezed
- 3 tbsp fresh lemon juice
- 1 tbsp extra-virgin olive oil
- 3 tbsp minced shallots
- kosher salt, to taste
- freshly ground black pepper, to taste

### DIRECTIONS:

Combine the orange juice from one of the oranges, lemon juice, olive oil, shallots, kosher salt and pepper in a container with a tight-fitting lid and shake it vigorously to combine.

Reserve 1/2 cup of the vinaigrette for dressing the salad and pour the remaining vinaigrette into a medium nonreactive bowl.

Put the shrimp in the bowl, season with salt and pepper and toss; let it sit for about 30 minutes.

Prepare your outdoor grill, or heat a grill pan over medium-high heat.

Grill the shrimp until just cooked through and opaque, about 1 1/2 minutes per side. Transfer to a plate.

Divide the baby greens on four plates, top with sliced fennel, oranges, avocados and shrimp.

Season with salt and pepper to taste and drizzle with the remaining vinaigrette, about 2 tbsp per salad.

Read more at <https://www.skinnytaste.com/grilled-shrimp-avocado-fennel-and/#DJ17OATEBfo3ufEz.99>



## FOOT & ANKLE WELLNESS CENTER

1871 W. William St.  
Delaware, OH 43015



### Did you know we offer walk-in Hours every Friday?

We offer Urgent Access hours  
for emergencies Monday -  
Thursday and walk-in hours are  
on Friday's from 12 - 3 p.m.

**FAAWC also offers free skin  
cancer checks in May for lower  
legs and hands on Friday's  
between 12 and 3 p.m.**

# "I'm here for my free skin exam!"

When it comes to skin cancer and your feet, the signs and symptoms could be there, but you may not recognize them. If you're asking yourself could this be serious? The answer might be "yes." **FAAWC offers free skin checks for lower legs and hands on Friday's in May between 12 and 3 p.m.** whether you are our patient or not, just come in and say "I'm here for my free skin exam".

**For more information  
please see the article  
on page 1 of this  
newsletter.**



## Mr. Aruba Winter Nationals Celebrates 15 Years – Generating Over \$100,000!

The 15th Annual Mr. Aruba Winter Nationals, held Jan. 26 at Dr. Jane's home, **raised \$13,562 this year for JEGS Foundation Racing for Research, which benefits OSU's James Cancer Center.** This brings the 15-year total to more than \$100,000!

