



**FOOT & ANKLE
WELLNESS CENTER**

www.FAAWC.com June/July 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



Getting to Know Dr. Billy Rutter

"My specialized training in foot and ankle reconstruction has prepared me to repair your injuries, mend your bones, and reconstruct deformities of your feet and ankles while providing clinically proven pain management care to make your recovery as comfortable as possible."

"I enjoy a good challenge. The most rewarding moments to me are the ones when a patient comes to me with a problem, no matter how simple, complex or numerous they may be, and we work together to find solutions that works."

"Whether you're a child in need of an expert evaluation, an athlete struggling with an injury, or an individual with complex medical problems and deformities, your feet are in good hands with me."

Be sure to say hello to Dr. Rutter at your next visit!

You are invited to a celebration welcoming Dr. Rutter to FAAWC on Wednesday, July 31 from 3 to 6 p.m.

Medical Marvels: Stimulate Your Own Healing!

There's a lot going on in the world and it's hard to keep up with evolving medical treatments. Heard of PRP injections before? Most people haven't. These injections can help with a variety of musculoskeletal issues and injuries for the entire body.

Regarding your feet and ankles, the following are good options for treatment with PRP:

- Achilles Tendon Injuries
- Tendon Strains
- Plantar Fasciitis
- Foot and Ankle Arthritis
- Chronic Ligament Injuries
- Osteoarthritis

PRP stands for "platelet-rich plasma." Platelets are found in your blood and they rush to the site of injury like little ambulances bringing help. Your PRP injection has concentrated platelets for extra healing power.

PRP injections are made from your own blood using an in-office procedure.

The number of treatments and frequency, along with any other considerations, will be discussed during a consultation with your FAAWC podiatrist.

Call to set up your PRP consultation today!

Our Future is So Bright, We Gotta Wear Shades!

Join Us for a Summer Celebration!

Wednesday, July 31

3 p.m. to 6 p.m. at FAAWC

Please stop by FAAWC and join us as we celebrate **Dr. Drew Belpedio's 10th Anniversary and the addition of Dr. Billy Rutter to our practice.** We will have food, games, prizes and entertainment for the whole family. Can't wait to see you!





WHAT'S UP, DOCS?

1. FAAWC 5th Wednesday in May was spent at Delaware's CoHatch.

2. Dr. Marti and Scott participated in this year's Delaware Chamber of Commerce Golf Outing.

3. Jack Hanna was spotted by **Dr. Marti's girls** at the Memorial Tournament.

4. Dr. Jane and husband **Mike DeChicco** on board their sailing cruise ship the Wind Surf.

5. Dr. Marti, Dr. Drew, Scott and Dr. Jane took time to pose with this year's NOW Festival Rain Barrel.

6. Scott Blanchard, CNP visited Disneyworld with his family.

Alternative Treatments for Tendonitis



Tendonitis is inflammation of a tendon due to chronic overuse. Ignoring tendonitis is serious and could lead to a tendon tear or rupture, necessitating surgery. Before you let your tendonitis get the best of you, consider these alternative treatments offered by the FAAWC.

Sometimes the restrictions and treatment for tendonitis can be daunting and difficult. The following treatments can speed up your body's ability to heal, making the journey a little less difficult.

MLS Laser: Laser therapy reduces swelling, accelerates tissue repair, improves circulation and nerve function—all resulting in faster healing for injuries and wounds. The MLS Laser is safe and effective. Laser therapy is recommended for all tendonitis, tendon strains and tears, and even pre- and post-surgical treatment for tendon ruptures.

PRP Injections: PRP or "Platelet-Rich Plasma" is a concentrated dose of your body's healing mechanisms. Using your own blood, our in-office procedure is quick, safe, and works as a powerful boost to healing. Activated platelets are injected into the affected area, stimulating growth factors to increase cell production, resulting in faster healing.

Physical Therapy: Your FAAWC podiatrist may recommend physical therapy to help the muscles around the affected tendon strengthen. This minimizes pain and increases range of motion and mobility. Physical therapy helps to avoid further injury in the future. Coming soon, the FAAWC will be opening Central Ohio PT to make getting your physical therapy convenient and affordable.

For less pain and faster healing, call to schedule an appointment and talk to your FAAWC podiatrist today about alternative treatments for your tendonitis.



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: July 23, Aug. 27, Sept. 24 and Oct. 22

You Asked...We Answered

July Featured Solution — RocSocs

- 100% Mesh
- Synthetic sole, lightweight breathable mesh upper for comfort
- Convenient speed lace for quick on and off,
- Suitable for water and land
- Water dissipating outsole
- Eva sole for walking comfort on uneven surfaces



New Product!

Epoch Sole Solution Restores Healthy Looking Heels, Toes and Soles

- Softens and exfoliates dead cell buildup
- Noticeable relief in the first few weeks
- No added fragrance
- Safety-allergy-dermatologist tested



Sign up for Alpha Group's Duck Derby

Saturday, August 3
Zoombezi Bay

Help us reach our goal by buying a flock of ducks! For more information visit zoomduckderby.com.



Red, White & Blueberry Trifle

8 Freestyle Points 169 Calories

PREP TIME: 15 mins, TOTAL TIME: 1 hr 15 mins

YIELD: 14 servings

A heavenly mixed berry trifle made with summer fresh blueberries, strawberries, white chocolate pudding, angel food cake and whipped cream.

INGREDIENTS

10 oz angel food cake, cut into 1-inch cubes
2 pints strawberries, sliced
2 pints blueberries

FOR THE CREAM FILLING

6 tbsp fat-free sweetened condensed milk
1 1/2 cups cold water
1 4 oz package white chocolate or cheesecake instant pudding mix
12 oz frozen whipped topping, thawed

INSTRUCTIONS

Whisk the condensed milk and water in a bowl.

Whisk in the pudding mix for 2 minutes.

Let stand for 2 minutes or until soft-set; fold in the whipped topping.

Arrange half of the cake in the bottom of a 14-cup trifle dish.

Sprinkle evenly with a layer of blueberries.

Spread half of the cream mixture over the blueberries and gently spread (You can pipe it using a plastic bag and cut the corner off).

Top with a layer of strawberries.

Layer the remaining cake cubes on top of the strawberries, then add more blueberries and top with the remaining cream mixture.

Finish with the remaining strawberries and blueberries, arranging them in a pretty pattern.

Cover and refrigerate at least one 1 hour.

NUTRITION INFORMATION

Serving: 1 cup, Calories: 169 cal,
Carbohydrates: 38g, Protein: 2.5g, Fat: 0.5g,
Polyunsaturated Fat: 0g, Monounsaturated Fat: 0g,
Trans Fat: 0g, Sodium: 103mg, Potassium: 0mg,
Fiber: 3g, Sugar: 16.5g, Vitamin A: 0%,
Vitamin C: 0%, Calcium: 0%, Iron: 0%

Read more at <https://www.skinnytaste.com/red-white-and-blueberry-trifle/#SYEBYKh4mjg1jMo.99>



FOOT & ANKLE WELLNESS CENTER

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FAAWC Patient Portal

- 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

Call the office at 740.363.4373
for instructions on setting up
your portal account.



Join us on Wednesday, July 31 3 p.m. - 6 p.m.

Back to the Future

Celebrate Dr. Drew's 10th Anniversary (**BACK**)
and Dr. Billy Rutter joining FAAWC (**FUTURE**)

- Come and have your **photo taken with a real DeLorean!**
(Courtesy of Dave Bauerle, Bauerle Automotive)
- Prizes include three (3) **\$100 VISA gift cards**
- **Games, food, entertainment, and fun** for all ages!