



**FOOT & ANKLE
WELLNESS CENTER**

www.FAAWC.com November/December 2019

THE Extra Mile

We're going the extra mile...to help you go your extra miles.

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We Keep You in the Game



Foot Self-Examination Steps

1. Gather a hand mirror and a monofilament wire for the sensitivity test.

(Ask for your free monofilament wire tester today at FAAWC!)

2. Wash your feet thoroughly to remove dead skin and dirt

3. Check the following:

- **Tops & Sides of Feet:** look for cuts, discolorations, and calluses
- **Bottoms of Feet:** look for warts, discolorations, and abrasions

TIP: Place the hand mirror on the ground and hold your foot over it to see the bottoms

- **Between Toes:** look for corns, calluses, injuries, and skin changes that could indicate fungal infection

4. Use the wire to place light pressure on different parts of the foot to gauge sensitivity. Take note of any areas where sensitivity has decreased.

5. Run your hands over your foot and feel for abnormalities. You may not notice anything the first time, but the more you do this, the easier it will be to spot any changes or issues.

Stop, Look, & Listen to Us at the FAAWC

Type 2 Diabetes is a growing epidemic in the United States, with over 30 million people affected. It remains a highly misunderstood condition and many diabetics don't even know they are living with the disease. Diabetics and pre-diabetics are more prone to foot health problems which can get very serious very fast. To avoid any foot issues, you need to stop, look, and listen to these diabetes facts from the podiatrists at the FAAWC.

FACT: Of the 30.3 million Americans living with diabetes, 7.1 million are undiagnosed.

FACT: One in 3 Americans are prediabetic or 84 million adults.

FACT: Prediabetes can be reversed and never develop into full-blown diabetes with lifestyle changes.

FACT: The CDC reports diabetes as the 7th leading cause of death in the US, but other researchers suggest it could be as high as the 3rd leading cause of death.

FACT: Diabetes.org reports that as much as \$237 billion is spent annually on health care by diabetic patients.

FACT: The American Diabetes Association estimates that annually 600,000 diabetics will suffer a foot ulcer; of which, 80,000 require a foot or lower limb amputation.

FACT: 40% of diabetic patients who experience a major amputation die within five years of the procedure.

FACT: To avoid foot complications, diabetic patients should perform a foot self-examination daily.





WHAT'S UP, DOCS?

1. Dr. Marti's girls cutting pumpkins before swimming lessons.

2. FAAWC staff wore pink attire and wigs for Breast Cancer Awareness month.

3. Scott Blanchard and his family are ready for trick or treat.

4. Make a Difference Day Delaware crew, **FAAWC staff Yasmin, Jody, Dr. Jane and Elia.**

5. Dr. Rutter, Rachael, Jody, Chelsea and Amy at Top Practices Summit in San Antonio, Texas.

6. Dr. Drew with Kim, Alicia and Julie sharing some laughs at Capital Axe Throwing, FAAWC latest 5th Wednesday team building activity.

"Is Your 'Rheumatiz' Acting Up?"



Granny Clampett would just cook up a batch of her special "rheumatiz" medicine also known as moonshine. She admitted it didn't cure you, but "2 sips daily made ya glad that ya had it!"

Arthritis is a painful condition characterized by inflammation and stiffness in the joints. With over 30 joints in each foot, it's no wonder feet and ankles are commonly affected by arthritis. The two most common types of arthritis to affect the feet are Rheumatoid Arthritis (RA) and Osteoarthritis (OA).

Rheumatoid Arthritis:

- Develops due to an inflammatory autoimmune response
- Affects the same joints in both feet and ankles
- Risk factors may be inherited but the exact cause is still uncertain
- Symptoms: heat, redness
- Need medication for treatment

Osteoarthritis:

- Develops over time due to "wear and tear"
- Affects 1 in 6 people over the age of 50
- Risk factors include age, high BMI, and family history

If you are experiencing pain during motion, pain with vigorous activity, tenderness at various joints, joint swelling or redness, or difficulty walking due to these symptoms, it's time to call the FAAWC. Our podiatrists are standing by to evaluate your condition and put you on the path to a better life with arthritis. Call today!

Expanded Nail Salon, Now Offering Both PediCare & ManiCare's





Walk with a Doc Program Update

Walk with a Doc Program update: Since the 4th Tuesday is just before Thanksgiving and Christmas eve, **we will resume on January 28th.**



Greek Yogurt Chocolate Mousse

Prep Time: 10 mins, Servings: 6,
Serving Size: Heaping 1/3 cup

YOU ASKED...WE ANSWERED

November and December Featured Solutions

NerveReverse

NerveReverse uses clinically-proven ingredients to improve blood flow and decrease inflammation around your nerves. This allows your nerve to get the nutrition needed in order to be restored to a healthy state.



Natural Shea Butter



Need something long-lasting and smells great too?
Try our Natural Shea Butter to keep your skin hydrated during these colder months.

- All natural raw ingredients
- Essential oil
- Protects skin from hot/cold weather
- Relieves discomfort from dry/flaky skin
- Stimulates natural healing

Starting the first week in December you have a chance to win chocolate or a holiday décor piece!



Reminder! Use it or Lose it!

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 or Stopain? 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.



INGREDIENTS

- 6 mini Hershey's Sugar-Free Special Dark Chocolate bars (chopped)
- 2 cup plain nonfat Greek yogurt (non-fat)
- 2 tbsp honey or 4 packets artificial sweetener
- 1 tsp vanilla extract
- 1/4 cup skim milk
- 6 tbsp whipped topping (non-fat)
- 2 cup fresh raspberries

INSTRUCTIONS

Add the chopped chocolate to a microwave-safe bowl. Microwave the chocolate on high for 1 minute, then stir. If not completely melted, microwave for 30 more seconds, then stir until all chunks are melted. If it is still not melted, microwave another 30 seconds and continue to stir, just until the chunks in the chocolate are melted. Do not overcook.

In a medium mixing bowl, whip the Greek yogurt with an electric mixer until fluffy. Add the honey, vanilla, and milk, and beat some more, then add the chocolate, a small amount at a time, beating in between additions.

Once all of the chocolate is mixed into the yogurt, divide the mousse into 6 portions and top each portion with 1/3 cup raspberries and 1 tablespoon whipped topping.

NUTRITION FACTS

SERVING SIZE: HEAPING 1/3 CUP
Calories: 130, Total Fat: 4g, Cholesterol: less than 5mg, Sodium: 35 mg, Total Carbohydrate: 17g, Protein: 9g



FOOT & ANKLE WELLNESS CENTER

1871 W. William St.
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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.



Support Veterans Sponsor a Wreath



Dec. 14th is National Wreaths Across America Day. **Donate \$15 today** and you are entered to win a wreath for your own home. Support our effort to honor the 3,000 veterans buried in Delaware's Oak Grove Cemetery. Online at WreathsAcrossAmerica.org/OH0220
Location ID: OHOGCD. Deadline is Dec. 2nd.

