



**FOOT & ANKLE
WELLNESS CENTER**

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, CNP • Billy J. Rutter, DPM

740.363.4373 | www.FAAWC.com

We Keep You in the Game



Full-Time Physical Therapist Joins FAAWC

Meet Dr. Kelleen Porter

Dr. Porter is originally from Newark and resides in Marysville with her husband Joe and 2 dogs. They are expecting their first child soon and the nursery will be in her favorite theme – Avengers.

Her past history of being a multi-sport athlete, and volunteering in her community gave her the desire to become a physical therapist.

Dr. Porter is not a one-size-fits-all physical therapist. She likes to make sure that her patients feel better before they leave each session.

Unique PT options include dry needling, Cupping, Kinesiology tape, Astym and Running Clinic knowledge.

She is driven by her love of helping people feel better. Her patients are both mentally and physically able to live more productive lives.

The Early Bird Gets... Sandal-Ready Feet for Summer

Fungal Nails



Spider Veins



You'll soon be seeing ads for fad diets and quick fixes to get you in shape for bikini season. Seem too soon to think about summer? Health isn't something you should rush; healing takes time. This means you should start thinking about summer sandal season while the snow is still falling.

If you have unsightly fungal nails or spider veins in your lower legs, you can start to get your feet in shape for summer with our Aerolase laser therapy treatments. This FDA-approved treatment boasts a 92.7% success rate in our office at fully eradicating fungal nail infections. Spider veins are also diminished or dissolved in the majority of our patients.

Laser therapy treatments are usually spread three to four weeks apart, with a general range of three to five visits required for full results. During your initial office visit, your doctor will discuss with you which treatment package is right for you. You can also combine laser therapy with medications, specialized socks, antimicrobial shoe shields, and more options from the FAAWC to enhance your good results.

Laser treatments take time to produce results. Starting today is the best way to ensure your feet really will be ready for your favorite sandals as soon as possible.

**Call the FAAWC today to schedule your appointment and
Start Getting Sandal-Ready Feet TODAY!**



Patient Appreciation Treat Winner Kelly Kralik

Kelly won our "Bundle of Gift Cards" just in time for holiday shopping! **See page 3 to learn more about how you can win our "Movie Night" Patient Appreciation Treat!**



WHAT'S UP, DOCS?

- 1. Dr. Rutter** or Chef Rutter with his white elephant gift.
- 2. Dr. Jane, Alicia and her husband Daryl** celebrate as Alicia was honored for her 12 years at FAAWC.
- 3. Dr. Marti and her girls** enjoyed the Wildlights at the Zoo along with the Abominable snow monster.
- 4. Scott Blanchard** and his new white elephant gift.
- 5. Dr. Drew** announces the white elephant gifts at the FAAWC holiday celebration at J.Liu.
- 6. Dr. Marti** was the mystery reader for her daughter Kaitlyn's class.

Sock It to Cold Feet This Winter!

Socks are an important part of our foot health. Choosing the right sock for the current weather and activity is equally important. Here are some tips for getting the best socks for your feet this winter.

Choose sweat-wicking.

Keep your feet dry by choosing socks that pull moisture away from your skin. If your feet have been sweating or your socks are wet, make sure you change them as soon as possible.

Choose good materials.

Merino wool is one of the best because the fibers are thermostatic (temperature-regulating) and can hold up to 30% of their weight in water. Synthetic fibers are also a good option because many have been carefully crafted to meet specific needs.

Choose to wear them!

Whether you're indoors or outdoors this winter, always keep your feet protected with a good pair of socks. Always try on your socks with the shoes you intend to wear outside to ensure comfort. Wear slippers with your socks indoors for added support.

Talk to the providers at the FAAWC about which socks are right for your individual foot needs.

We carry brands such as Voxx, World's Softest Socks and Aetrex in our office.

Call today to hear about more winter sock options. Our selection will knock your socks off!



Want to Get Some Exercise While You Get Medical Advice?



Everyone who walks is entered for a chance to win our Patient Appreciation Treat for that month.

Come walk with our doctors every 4th Tuesday.
Upcoming dates are **February 25,**
March 24 and April 28. Meet at the shelter
house at Mingo Park at 12 noon!

Save the
DATES!



Ice Cream is Great All Year Round! Mexican "Unfried" Ice Cream

5SP, 149.5 Calories

PREP TIME: 30 mins, TOTAL TIME: 30 mins

YIELD: 4 SERVINGS

Fried Ice Cream, a dessert made from a breaded scoop of ice cream that is typically quickly deep-fried, creating a crispy shell around a cold scoop of ice cream. This lighter version isn't fried, but it's delicious!

INGREDIENTS

- 2 cups low calorie dairy or dairy-free ice cream, Halo Top or Enlightened
- 2 cups Special K Cereal, crushed (or gluten-free cereal)
- 2 tsp ground cinnamon
- 4 tsp Hershey's chocolate syrup
- Cherry for topping, optional
- Truwhip for topping, optional

INSTRUCTIONS

- Line a baking sheet with parchment paper.
- With an ice cream scooper, scoop out 4 balls of ice cream 1/2 cup in size and place on the parchment-lined baking sheet.
- Freeze for 2 hours, or overnight, until the ice cream is very hard.
- Meanwhile, in a shallow bowl, combine the crushed cereal and cinnamon.
- Using rubber gloves, roll the balls of ice cream in the cereal coating, packing them together into a smooth ball.
- Return the coated ice cream to the baking sheet and freeze until ready to serve.
- To serve, drizzle with chocolate syrup on top with whipped cream and cherry, if desired.

NUTRITION INFORMATION

Serving: 1ball, Calories: 149.5kcal, Carbohydrates: 30g, Protein: 7.5g, Fat: 2.5g, Saturated Fat: 1g, Cholesterol: 45mg, Sodium: 248mg, Fiber: 4g, Sugar: 11.5g Blue Smart Points: 5Points +: 2

from Skinnytaste.com

You Can Win a 32" Smart TV Patient Appreciation Treat — Movie Night!

Enter to win a **FREE Smart TV,** air popper, popcorn and accessories.
The winner will be announced on April 1.

Fill out an entry slip and you will be entered for a chance to win:

- After your scheduled appointment.
- Share our Facebook posts.
- Activate your Patient Portal.
- Refer a new patient or salon client.



Products to Help Your Feet Be Summer Ready!



Ugly Toenails? Try CN-U Fungal Nail Renewal Gel

A powerful, patented gel, that is delivered topically and penetrates to the nail bed to achieve healthy looking nails.



Red Peeling Itchy Skin? You Need FungiFoam Antifungal

Cool the burn, relieve the itch, keep your skin free of fungus and looking great. FungiFoam has the power of 4 products in one. Antifungal for penetrating healing, anti-pruritic for calming itchy skin, moisturizers for softening skin and exfoliates for smoother skin—all in one product.



Smelly Shoes? Try Clean Sweep Antimicrobial Shoe Shield

Kills the bacteria, fungus and mold that are often found in our shoes.

- Does not emit any harmful chemicals
- Treatments last for months
- Can be used on washable and non-washable items



FOOT & ANKLE WELLNESS CENTER

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Make your PediCare appointment today!

Remember that the cards
from our Holiday sale
expire on April 30, 2020.
Schedule soon to get the best
appointment that fits your
schedule. **Call 740.363.4373.**



FAAWC December Patient Appreciation Winners!

