



**FOOT & ANKLE
WELLNESS CENTER**

www.FAAWC.com March/April 2020

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 • Billy J. Rutter, DPM • Scott J. Blanchard, CNP

740.363.4373 | www.FAAWC.com

We Keep You in the Game



Expect quality time with Scott Blanchard, CNP

Scott started with FAWC in March 2018 and he has been a wonderful addition to the practice.

He earned his Bachelor of Science degree at Bowling Green University and attained a Master of Science at Chamberlain University. He has worked in a medical surgery unit, ICU, and wound care clinic. He joined Mt. Carmel St. Ann's Hospital in 2010 and moved on to Ortho One Surgery Center in 2016 before joining FAWC.

Scott takes pride in spending quality time with patients, thoroughly explaining their medical condition and treatment options. This helps them understand their healing process and have realistic expectations.

He has always had a strong desire to assist in surgery and post-op care, such as treating traumas (sprains and fractures) and ingrown toenail.

Scott, and his wife Julia, have two beautiful children that keep them busy, including a family trip to the zoo that made for a bear-able good time. Check our facebook page for a photo!

NOT JUST A GRAIN...

What is RICE?

**RICE is an Acronym for
Rest, Ice, Compression, and Elevation**



Why Would I Use RICE?

If you experience a sudden foot or ankle injury and are wondering what to do, following these simple steps can help reduce recovery time and stop further injury.

When Would I Use RICE?

RICE can begin immediately after a minor foot or ankle injury or if you begin experiencing pain. Continue resting, icing, compressing and elevating for several days. If pain or swelling have not reduced within 3-5 days using RICE, see your foot doctor for further care.

How Do I Use RICE?

Rest

Simple—don't use the part of your body that hurts! Our providers recommend keeping any weight or stress off that foot for several days to a week after the injury. Any weakness causing total inability to use the injured foot or ankle should be evaluated by a podiatrist immediately.

Ice

Wrap a flexible cold pack in a towel and ice the area for about 10 to 20 minutes at a time, preferably three times daily. The cold will reduce your pain and any swelling that may occur. After two or three days you can switch to heat if there is no longer any swelling.

Compression

Compression means wrapping and putting slight pressure on an injury to help reduce swelling and keep the area immobile. If you don't want to mess with wrapping, try a pair of compression socks. They are as easy as slipping them on and letting them go to work.

Elevation

Kick back and relax with your foot and ankle comfortably elevated above the level of your heart. Do this while icing to provide maximum efficiency. Elevation of this sort helps to reduce the buildup of excess fluid or swelling.



WHAT'S UP, DOCS?

- Holly Quaine, Delaware Chamber President and Dr. Jane**, who received the FAWC Citizen of the Year Award.
- Dr. Marti** at the ACFAS conference in San Antonio, TX.
- Dr. Porter**, Joe and baby Riley make a beautiful family.
- Dr. Marti, Dr. Jane and Dr. Drew** pose for a picture on Dr. Jane's birthday.
- Dr. Marti and the Walk with a Doc** group in February.
- Scott Blanchard, Dr. Jane, Dr. Drew, Dr. Marti and Dr. Rutter** celebrating Dr. Drew's Birthday.

CBD: 8 Simple Facts

FACT: **CBD** (Cannabidiol) is one of 85 cannabinoid compounds derived from the cannabis (marijuana/hemp) plant.

FACT: **CBD** products do not contain THC, the ingredient in marijuana that gets you high. Thus, CBD is completely legal.

FACT: Cannabinoids like **CBD** are produced naturally in the human body. Therefore, **CBD** products simply supplement these natural levels as a vitamin would.

FACT: **CBD** activates the CB1 receptor in your brain which can reduce stress, relieve anxiety, lower depression, and decrease blood pressure, inflammation, and pain.

FACT: The World Health Organization says that **CBD** is safe and well-tolerated by most people.

FACT: Studies into the long-term effects of **CBD** are still ongoing, but currently available evidence shows **CBD** to be an effective method of controlling pain and other symptoms of various conditions such as epilepsy or depression.

FACT: The ideal dosage of **CBD** depends on a lot of individual factors including body weight, the concentration of the product, and the health issue being treated. A medical professional can help determine the correct strength and dosage for you.

FACT: You can get quality **CBD** products including oils and gummies along with expert advice from the **Foot & Ankle Wellness Center**.

To Our Patients,

Get delivery of your PurMed Global **CBD** products from the convenience of your home!



To Learn More: www.purmedglobal.com/ordernow

To Order: Visit www.purmedglobal.com

Click the **ORDER NOW** Button and Use

Foot & Ankle Wellness Center

PROVIDER VERIFICATION CODE: **FAAWC**

CBD Wellness Benefits May Include:

- Strengthen Immune System • Anti-inflammatory
- Anxiety & Stress Relief • Sleep Improvement
- Reduction of Muscle, Joint & Arthritis Pain
- Limit Need For Prescription Opiates

Questions ~ Contact PurMed Global Customer Service: 888-286-5899

CBD: Order Now Online
Use Code: FAWC

Dry, cracked feet?



Epoch Sole Solution Foot Treatment

A therapeutic foot cream for those suffering from rough, dry, or cracked feet.

Revitaderm

Formulated for patients who seek relief from damaged, callused, fissured and dry, rough skin. It is safe for diabetics and contains no added water or perfumes.



**These Warm Weather Helpers
are Available at FAAWC.**

Be Social with Us



Follow us
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Like us on Facebook
**Foot & Ankle
Wellness Center
@DrFAAWC**



Follow us
on Twitter
@DrFAAWC

Catch up on the latest news on our website, www.FAAWC.com.
Blogs are uploaded weekly on our top conditions that we treat.



Summer Treats

After your appointment, fill out an entry slip and you will be entered for a chance to win a FREE:

- Ice Cream Maker
- Kroger Gift Card and
- Watermelon Décor Accessories

**The winner will be
announced on July 1.**



Congratulations to Our Movie Night Basket Winner Mandy Richards

Mandy won the Amazon FireHD TV, Air Popcorn popper, and popcorn accessories.



It's a great-tasting alternative! Cauliflower Pizza Crust

Courtesy of Katie Lee

LEVEL: Easy

TOTAL TIME: 50 mins., ACTIVE: 20 mins.

YIELD: 1 Crust

INGREDIENTS

- 1 head cauliflower, stalk removed
- 1/2 cup shredded mozzarella
- 1/4 cup grated Parmesan
- 1/2 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- 2 eggs, lightly beaten

DIRECTIONS

Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.

Break the cauliflower into florets and pulse in a food processor until fine.

Steam in a steamer basket and drain well. (I like to put it on a towel to get all the moisture out.) Let cool.

In a bowl, combine the cauliflower with the mozzarella, Parmesan, oregano, salt, garlic powder and eggs.

Transfer to the center of the baking sheet and spread into a circle, resembling a pizza crust. Bake for 20 minutes.

Add desired toppings and bake an additional 10 minutes.

Recipe found on foodnetwork.com



FOOT & ANKLE WELLNESS CENTER

1871 W. William St.
Delaware, OH 43015



Thank you for your support!

Mr. & Mrs. Aruba Winter Nationals Fundraiser

Thank you to those who supported Mr. & Mrs. Aruba Winter Nationals Fundraiser. \$16,714 went toward JEG's Foundation – Racing for Cancer Research. Pictured from left to right: Danny Smith, Mike DeChicco, Jeg Coughlin Jr., Dr. Jane and Mike Fowler.

Valet Appointments and 24/7 Emergency Care



We are here for you!

Valet Appointments

**Call us at 740.363.4373
for an appointment.**

*In-office visits with fewer
exposure risks for patients 60+
or the immunocompromised.*

- ✓ Easy to set up—just call us!
- ✓ Upon arrival, drive up under the canopy, call us, and a medical assistant will escort you to your room promptly.
- ✓ Specially cleaned and reserved treatment room.
- ✓ Billed to insurance as a standard visit.

24/7 Emergency Care

**Need emergency care for a
foot or ankle injury?**



**The FAAWC provides an
alternative to the emergency
room or urgent care center.**

You can avoid unnecessary risk of exposure and help save hospital resources for critically ill patients by **calling 740.363.4373 during office hours** or Dr. Jane's cell phone **740.360.2097 during evenings and weekends** to schedule an emergency or urgent appointment. We offer digital X-rays, casting, fracture boots, crutches, scooters, and more.

Help emergency rooms save resources and lessen your own risk when you have your foot or ankle emergency treated at the FAAWC.

We are here for you 24/7.