



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

740.363.4373 | www.FAAWC.com

*We Keep You in the Game*



## **Is it Time to Break Up with Your Shoes?**

**Did you know that falls are the leading cause of injury in seniors** and is the 5th leading cause of death in older Americans? Every 11 seconds, an older adult visits an Emergency Room for a fall-related injury — many of these falls are preventable.

**Did you know that most foot fractures occur in your home?** Your feet are the key to an active, healthy lifestyle. However, many underestimate the importance of wearing real shoes in your home and daily activities. Unfortunately, we often make poor footwear choices for convenience and fashion.

**Did you know there are shoe qualities that may help you stay on your feet?** For starters, be sure to know your shoe size — oversized shoes may pose a tripping hazard. Additionally, shoes with proper cushioning, non-slip outer soles and low heel height may provide a steadier surface for you.

**Check out Dr. Jane's webinar for National Falls Awareness Week to learn more tips and tricks to selecting the right footwear for you!**



## **And Humpty Dumpty Had a Great Fall...**

**Over 3.5 million people a year will visit a hospital due to a falling injury.** Almost 650,000 of these falls result in fatalities. People aged 65 and older present the highest percentage of fatal falls. But many risks of falling can be avoided with the recognition and correction of an underlying problem—balance. Two factors affecting balance are loss of foot sensitivity (often due to peripheral neuropathy) and stepping accuracy (gait).

### **Peripheral Neuropathy**

Diabetes, vascular conditions, and even sitting or standing for long periods of time can all affect nerve endings in the limbs, leading to peripheral neuropathy. Peripheral neuropathy presents as decreased sensitivity or numbness in the feet. You may also experience a constant tingling or painful sensation.

Like walking on a foot that's "asleep," trying to keep balance when you can't fully feel what's under you is very precarious. As peripheral neuropathy progresses further, more sensation is lost leading to additional uncertainty when walking. Peripheral neuropathy often leads to gait changes which can increase the chances of falling.

### **Gait & Stepping**

When compensating for decreased feeling in their feet, many people subtly change the way they walk, such as beginning to walk on their heels or putting more weight on the inside of their foot. Gait changes like these can upset your balance and raise your risk of falling.

Furthermore, many people who feel their balance is deteriorating will avoid walking or exercising very much to avoid falling. This lack of movement leads to loss of muscle mass and strength causing additional weakness in the legs. All of these conditions just increase your risk of falling.

### **What Do I Do?**

If your balance is severely impaired then start small. Work on building up leg and ankle strength with easy exercises. If your balance is just beginning to get shaky, try a balance-saving activity such as Tai Chi.

FAAWC's new physical therapy department, Central Ohio Physical Therapy can make a difference in your balance as well as treatments with our Neurogenx machine which can actually reverse nerve damage. It is always better to treat neuropathy before it progresses to total numbness and especially before a fall does occur.

**In all cases, make sure you ask your FAAWC provider for a balance and gait assessment.** We are happy to assist you with a plan to increase your balance, treat peripheral neuropathy, and reduce your risk of a fatal fall. Be proactive! **Call our office for an appointment today at 740.363.4373.**



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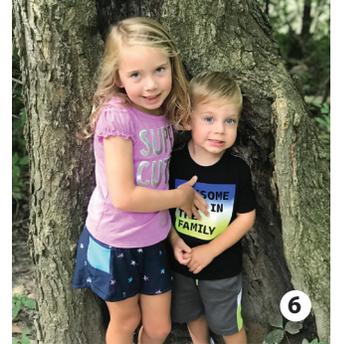
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## WHAT'S UP, DOCS?

1. **Dr. Marti's daughters** on their first day of "in-person" school!
2. **Dr. Belpedio's** tennis team won their league this summer!
3. **Dr. Jane and Dorothy**, our FAAWC mascot, enjoying some time at the lake! Toe Toe was vacationing in Seattle!
4. **Dr. Porter and Lauren** of COPT celebrate their one-year anniversary this October!
5. **Dr. Rutter and Jim** enjoying 5th Wednesday activities!
6. **Scott's kids, Evie and Ethan**, exploring the park this fall!



Our participant Mary conquered the ActivMotion Bar Station with Yasmin standing by for support, if needed.

### 2020 BALANCE CHALLENGE

## Keeping You Up and on Your Feet

On September 16, Foot and Ankle Wellness Center, Central Ohio Physical Therapy and FitFam joined forces to host the **2020 Balance Challenge**. Participants completed six stations and debriefed with Dr. Kellen Porter and Dave Lewis to learn about their strengths, weaknesses and fall risk. **Thank you to everyone that participated.** We hope you enjoyed your goodie bags!

### Join Us for Walk With a Doc!

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!**

**Noon to 1 p.m.**  
Walk begins at Mingo Park  
Shelter House

**Oct. 27: Dr. Rutter**  
**Nov. 17: Scott**  
**Dec. 17: Dr. Jane**  
**Jan. 26: TBD**



# 5th Wednesday Festivities

Our staff enjoyed an afternoon of fun—carving pumpkins, playing giant Jenga and corn hole, and throwing a football.



## HEALTH SAVINGS ACCOUNT DOLLARS

### ***A Reminder for the End of the Year - Use it or Lose it!***

**As 2020 is nearing its end, you may have money you need to spend in your Health Savings Account (HSA) by the end of the year.**

Remember, if you have met your insurance deductible (or out of pocket amount), it likely resets at the beginning of the year - so health-related services or products might be paid at 100% right now. **Wouldn't a new pair of orthotics feel good? What about compression hosiery, or extra Nerve Reverse, FungiFoam, or Revitaderm? Have you been putting off a surgery that your doctor recommends?** Now might be a great time to recover during the colder months so you can enjoy the warmer weather next spring and summer. **If you have questions, call your insurance company today and call us tomorrow to schedule your appointment!**



## Chocolate Chip Pumpkin Muffins

Healthy pumpkin muffins are a delicious, low sugar, fall breakfast. Naturally gluten + dairy free - these muffins are easy to make and so tasty!

### INGREDIENTS

- 2 cups old fashioned oats  
gluten free if necessary
- 1/2 cup honey
- 1 1/2 cups pumpkin puree
- 2 eggs
- 1 egg white
- 1/4 cup almond milk
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ginger
- 1/2 teaspoon cloves
- 1/3 cup chocolate chips off to the side,  
do not blend!

### DIRECTIONS

Preheat oven to 350 + prepare a greased or lined muffin tin. Pulse oats in blender until flour like consistency. Remove from blender and set aside in a bowl. Add honey, pumpkin puree, eggs, egg white, and almond milk to blender. Pulse until smooth. Gradually add in oat flour, baking soda + spices. When completely blended, stir in chocolate chips (do not blend!). Pour batter into greased or lined muffin tins. Sprinkle with extra chocolate chips on top if you'd like. Bake at 350 for 20-25 minutes, until a toothpick comes out clean when inserted in the center.

### NUTRITION

#### Amount Per Serving: 1 muffin

Calories: 123, Calories from Fat: 18, Fat: 2g, Saturated Fat: 1g, Cholesterol: 28mg, Sodium: 203mg, Potassium: 133mg, Carbohydrates: 24g, Fiber: 3g, Sugar: 13g, Protein: 3g

Recipe from: <https://thecleaneatingcouple.com/healthy-gluten-free-pumpkin-chocolate-chip-blender-muffins/>



**FOOT & ANKLE**  
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1871 W. William St.  
Delaware, OH 43015



Every Friday  
**Walk-In Hours**  
**Noon - 3 pm**  
No appointment  
needed!



## ***Help Us Honor Our Veterans***

As Veteran's Day approaches, we want to take a moment to say "thank you" to those who have served our country. We appreciate your service and the sacrifices that you have made to keep us safe. This year, we are raising money for **Wreaths Across America**. On Saturday, December 19th, FAAWC will help Oak Grove Cemetery and Saint Mary's Cemetery remember and honor our veterans by laying Remembrance wreaths on the graves of our country's fallen heroes.

**To donate a wreath and honor a veteran,  
please scan the QR Code or stop by  
our office to donate in person!**

***Thank you for  
your support!***

