



**FOOT & ANKLE
WELLNESS CENTER**

www.FAAWC.com November/December 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



Don't Let Heel Pain Slow You Down

Do you experience heel pain?

If so, you are not alone. Almost 80% of Americans are living with a foot ailment - six of every ten experience some form of heel pain as a symptom. Heel pain has many causes and factors, and everyone's feet are different. Luckily, the Foot and Ankle Wellness Center is dedicated to curating a treatment plan to find you relief and get you back on your feet.

Could it be plantar fasciitis, Achilles tendonitis, bursitis, or a stress fracture that is causing your heel pain?

Our team of experienced medical professionals is here to diagnose the source of your pain, customize your treatment to fit your needs, and get you on track to healing. New and emerging treatments are opening the doors to faster recovery. **Call us today at 740.363.4373 to help rid yourself of heel pain forever.**

*Check out our
blogs relating
to foot pain on
our website!*



Can't afford to see the doctor? Think Again!

This year has been wild, and world events have many people saying "not right now" to important medical care. But putting off care, especially for your feet, can have major future consequences. More and more insurance plans put patients into a high deductible situation, which can also lead to deferred treatments. The good news is that the FAAWC offers cash pricing for many services and products so everyone can afford the care they need. **Just look at these common examples...**

Ingrown Toenail

Are you dealing with painful recurring ingrown toenails or even an infection? Your FAAWC doctor will perform an initial exam and then recommend one of several treatment plans. For ingrown nails that have caused an infection, a portion of the nail must be removed (\$100-150) and the infection treated with antibiotics (\$10). For recurring ingrown toenails, your provider may recommend a more permanent solution that removes a portion of the nail plate (\$175-325) which prevents the ingrown portion of the nail from regrowing.

General Heel Pain

Heel pain has many causes, including Achilles tendonitis, plantar fasciitis, and stress fractures. If you're experiencing general heel pain, call now for an appointment with us. Your exam and evaluation (\$90) will include X-rays (\$35), and treatment often starts with medical strapping (\$30) and a night splint (\$100). Three follow-up visits for additional taping (\$30 each) and one pair of custom orthotics (\$450) can resolve current and prevent future heel pain. Additional treatments, such as a steroid injection (\$85) are also available.



Ankle Sprain Relief

Ankle injuries can be anything from a mild inconvenience to a major problem. They are also the cause of debilitating issues down the line if not treated properly at the onset.

At the FAAWC, your provider will perform an initial examination (\$90) and likely order X-rays (\$35). For mild sprains, treatment with a flexible cast (\$50) can be sufficient and future use of a brace (\$70). For more severe sprains, treatment may involve a cast brace (\$175), and flexible cast (\$50), and crutches (\$60). Future physical therapy is ideal (\$60/visit). A trip to the ER or an urgent care center for the same issue can cost hundreds of dollars more!

Maybe you haven't hit your deductible yet or maybe you're worried about finances after weeks or months of quarantine. Whatever your situation, we want you to know that **you can afford foot and ankle care with the FAAWC. Call us to make an appointment for a cash service today.**

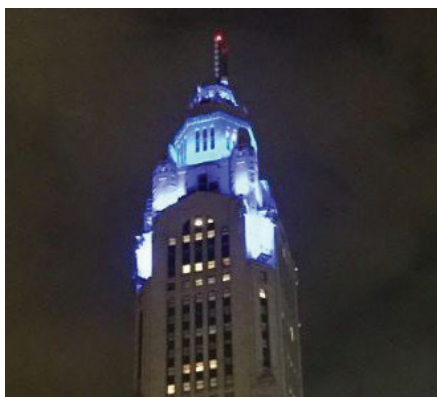


WHAT'S UP, DOCS?

1. **Scott's son, Ethan**, admiring their beautiful Christmas tree as his family decorates for the holidays!
2. In November, **Dr. Jane** spoke with Mark Bingaman of WDLR Radio about National Diabetes Awareness Month and the importance of consistent foot care.
3. **Dr. Marti and her daughters, Calli, Kaitlyn and Hayden**, enjoy a hot chocolate after volunteering for Make a Difference Day Delaware County!
4. **Dr. Belpedio** enjoying time with his favorite dog and one of the last warm days of the year!
5. **Dr. Rutter and his children, Myla, Blake, and Macy**, spent an evening taking fun family photos this fall!
6. **Dr. Porter's son, Riley**, is ready for Christmas! He met "Santa," AKA "dad" and Dr. Porter's husband, Joe, for the first time in their home since they couldn't make it to the mall this year.

Volunteers for Make a Difference Day Delaware County!

FAAWC staff volunteered their time on a brisk Saturday in November to help seniors in our community. We enjoyed a day of team bonding while assisting with outside yard work before winter. Some even brought family members to volunteer too!



The Leveque Tower Goes Blue

In honor of World Diabetes Day on Saturday, Nov. 14th, the Leveque Tower in downtown Columbus turned its lights blue.

Diabetes is the seventh leading cause of death in the United States, and those with diabetes may develop foot problems that can lead to complications. **Join us in bringing awareness to this disease by visiting the Delaware County Diabetes Association website at delawareohiodiabetes.org or by scanning the QR code.**



When Pampering Turns Perilous

Getting a pedicure should be relaxing and fun—without the possibility of an infection resulting later! From improper nail trimming to cheese grater-style files, poor nail salon practices and equipment can leave your feet at risk for a bacterial, fungal, or viral infection.

Bacterial Infection: Improper cuticle and nail trimming can lead to small cuts or openings in the skin where bacteria can enter. This bacteria may come from unsanitized tools or be introduced via a foot bath that doesn't have a gravity drain system. This is especially true if you have freshly shaved legs.



Fungal Infection: This is the most common infection that spreads from nail salons. Fungal infections typically grow under the toenails and may not be noticeable until several months later when your toenails have begun to look yellow and turn brittle.

Viral Infections: These infections can appear weeks or months later in the form of plantar warts (plantar meaning the bottom of your foot). Warts can spread easily and should be taken care of by a podiatrist for full eradication. Waiting can result in family members getting this infection, too.

How Our PediCare is Different...

If you want to avoid the perils of getting a pedicure, we recommend a signature PediCare from the FAAWC Nail Salon. These pedicures are performed by certified medical nail technicians and overseen by our providers. Instruments and foot baths are sanitized fully between every customer. Your technician is specially trained to notice any areas of concern (particularly important for diabetic patients) and can handle common issues such as calluses while providing proper nail trimming to avoid future problems such as ingrown toenails.

You do not have to be a patient of the FAAWC to enjoy our nail salon services. We offer PediCares and ManiCares for both men and women in our private room with our extended-size chair for comfort. **Call today to book an appointment or purchase a gift certificate for someone special.**



Easy Spiced Hot Fruit Bake

INGREDIENTS:

2 cups sliced apples
2 cups pear slices
1 1/2 cup fresh cranberries
1 cup pineapple chunks (save the juice)
1 tbsp lemon juice
1/3 cup coconut palm sugar (unrefined) or brown sugar
1 tbsp maple syrup, agave, or honey
1 tsp cinnamon (extra for topping)
1/4 tsp nutmeg
1/2 stick melted butter (4 to 5 tbsp melted vegan butter can be substituted)
Optional – An additional 2 teaspoons melted coconut oil or butter to coat walnuts
1/3 cup chopped raw walnuts or pecans

INSTRUCTIONS:

Preheat oven to 300F. In a large bowl, toss your fruit and add in 1-2 tsp lemon juice. Set aside. In another glass bowl, combine your melted butter, spices, and honey or maple syrup, as well as a few tablespoons of your leftover pineapple juice. Add the sugar/butter mixture to your fruit and coat evenly. Spread fruit evenly in a 9"×12" baking dish, and pour the leftover sugar/butter/oil mixture on top. Bake for 1 hour.

OPTIONAL – Toss your nuts in a tiny bit of melted coconut oil or butter and pinch of cinnamon, and sprinkle the nuts to the top of dish. Bake for 1 hour.

Sprinkle any additional cinnamon and spiced over hot fruit bake before serving, if desired.

Recipe from: <https://www.cottercrunch.com/gluten-free-spiced-hot-fruit-bake/>

Serves 5, Calories Per Serving: 273
% DAILY VALUE: Total Fat 14.7g 19%, Saturated Fat 6.2g, Cholesterol 24.3mg 8%, Sodium 6.4mg 0%, Total Carbohydrate 36.7g 13%, Dietary Fiber 5.2g 18%, Sugars 27.6g, Protein 2g 4%, Vitamin C 13.4mg 15%, Iron 0.7mg 4%



FOOT & ANKLE WELLNESS CENTER

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



*Wishing you a
joyous season
filled with health
and happiness!*

