Most everyone has heard the term Athlete's foot but very few know that it is a fungal infection of the skin that often occurs in runners, cyclists and other athletes. But surprise, it can also occur in just about anyone! It just so happens that central Ohio has a climate that makes it easier for you to develop a case of itching, burning, peeling feet that characterize that condition.

Fungus grows best in a dark, warm and moist environment. Unfortunately, shoes are the perfect place. As you put on your running shoes and head out for a run, your feet begin to sweat, and like many days in Ohio, you may come across a light drizzle further soaking your shoes. The heat and moisture turns the shoe into a little incubator for fungus to grow. To top it off, you probably toss your shoes in the closet until you get ready to go for a run the next day. Since closets often do not have good ventilation, the shoes just don’t dry out…and damp shoes equal fungus.

Cyclists have a similar problem. If you wear shoe covers, they definitely help keep your feet warm and dry, but shoe covers don’t breathe very well. As a result, moisture gets trapped inside your cycling shoes. Once the ride is over, you might toss your shoes in the garage. Sitting in a cool and damp garage keeps them from drying out properly and….you guessed it, fungus finds a place to grow!

Sooner or later, the fungal spores in the shoes will cause an athlete's foot infection. Often this is just nothing more than mild peeling of the skin on the bottoms of the feet. However, some people have severe itching, redness and burning of the feet. Once in a while a secondary infection, caused by bacteria, can start an even bigger problem.

So what can you do to prevent this?

First off, it is very easy to prevent athlete's foot by simply drying your running, cycling, or athletic shoes. Start by bringing your shoes inside. I usually leave mine near a heating vent for a couple of hours. Dry shoes don't support fungus very well. If you wear cycling shoe covers, take them off after every bike ride to help them dry out.

If you have athlete's foot, you should treat your feet. Over-the-counter (OTC) anti-fungal treatment creams are available, but in many cases the fungus does not respond to these medications. It's important to use the cream for about a week after the problem seems to have gone away or you might have some fungus in the skin that can cause a flare-up.

You should also treat your shoes. Keep in mind that if you get athlete's foot, you will have been shedding fungal spores in your shoes. You need to decontaminate them by heating them in the sun (or even the oven!) and letting them dry thoroughly. Then you can put anti-fungal powder inside them. For a new high tech solution, consider purchasing our SteriShoe device that uses ultraviolet light to kill what grows in our shoes. If the athlete's foot doesn't improve after you treat it yourself with OTC medications, your physicians at FAAWC can recommend a treatment that is right for you.
Open House

Highlights

A beautiful weather was upon us recently, when Foot & Ankle Wellness Center (FAAWC) opened its doors for its Open House Celebration. Current and past patients, colleagues, friends, and family were present, along with members of the Delaware Area Chamber of Commerce. The evening started with a ribbon cutting ceremony, at which Dr. Graebner was able to reflect on this momentous occasion and her nearly thirty years of serving the Delaware community.

The new facility, at 1871 West William Street, affords specialized treatment rooms for the variety of patients seen by the physicians at FAAWC.

The following is a summary of some of the rooms and services provided:

- pre and post-operative areas, intended to facilitate easier access to xray
- minor procedure rooms
- wound care rooms (diabetic, venous, arterial, and pressure ulcers)
- a laser room (for treatment of fungal nails, spider veins, warts, and age spots)
- orthotic and brace adjustment area

We at FAAWC are committed to providing state of the art medical care of the legs, ankles, and feet. We look forward to serving you, and having you see our new space!

Sunshine Power Muffins

Recipe by Mary Carter, Nashville Tennessee

Ingredients:

- Cooking Spray
- 2 eggs, lightly beaten
- 1 cup all-purpose flour
- 1 cup plain yogurt
- ½ cup old-fashioned oats
- ½ cup orange juice
- ½ cup flaxseed meal
- 1 teaspoon vanilla extract
- ¼ cup sugar
- 2 teaspoons finely grated orange rind
- 2 teaspoons baking powder
- 1 cup chopped dried apricots (about 5 ounces)
- ½ teaspoon salt
- 1/3 cup granola
- ½ cup honey
- 1 teaspoon vanilla extract

Nutritional facts per serving: 200 calories, 3.5g fat, 35mg cholesterol, 6g protein, 40g carbohydrates 4g fiber, 200mg sodium

Perfect as a post-workout charge, these healthful muffins provide a protein boost. They also are high in Vitamin C, calcium, and complex carbohydrates.

1. Preheat oven to 375°F. Coat 12 muffin cups with cooking spray.
2. Combine flour and next five ingredients (flour through salt) in a mixing bowl.
3. Combine honey and next five ingredients (honey through orange rind) in a separate bowl. Whisk well.
4. Make a well in the center of dry ingredients. Pour wet ingredients into the well and stir until just combined. Gently fold in apricots.
5. Fill muffin cups two-thirds full. Sprinkle with granola. Bake 18-20 minutes until centers spring back when touched.

Serves 12

Visit us at www.FAAWC.com or call us at 740-363-4373
Winternationals Event Raises Money for JEG’s Race for the Cure Cancer Research Fund

Every January for the past 8 years, Dr. Jane and her husband Mike DeChicco host their annual “Winternationals Event” to raise money for JEG’s Race for the Cure cancer research fund. Mike says “Every family knows someone touched by the disease of cancer. My mother is a breast cancer survivor. So, this charity is important to many.” Mike is an avid drag racer and spends the spring and summer racing his 1965 Dodge Coronet. “But when winter comes and the sound of engines are gone, Mike gets bored and misses the excitement of racing,” said Dr. Jane.

In 2004, the idea of a drag racing party began. Racers gather with their friends and family to compete for a good cause. Every race starts with Mike’s full size “Christmas Tree”, and competitors use their thumb to “take off from the starting line”. Their reaction time is calculated and the fastest finger wins the race. This past year, Jane and Mike presented Jeg Coughlin, Jr. with a check for $5208. Every dollar donated is matched by them personally and over the past 8 years they have raised over $20,000. Dinner and non-alcoholic drinks are provided and guests may BYOB.

We welcome anyone to join us next year and help us achieve a new donation goal. If you’d like to learn more, visit Mike’s website at www.MrAruba1965.com. Just click on the contact tab to email us your address and we would be happy to extend a written invitation for next year’s party. See you in January 2013!

Shoe Store Send-off

After more than 5 years, our Comfort Fit Shoe store will be closing on Friday, May 25.

Comfort Fit Shoes originated January 2007 within the practice of Foot and Ankle Wellness Center and was quickly welcomed by patients and the public. Our mission was to individually fit our customers with quality footwear of appropriate style and size.

The inventory moved in February to West William Street and has slowly reduced along with pricing. All shoes are on sale for $50 or less until the expected closing date.

After closing, we are hopeful to rent the space for someone interested. Please contact the office at 740-363-4373 for details.

To our loyal customers, we wanted to express our gratitude by saying thank you!

Introducing SteriShoe

To destroy those microorganisms in your shoes that can infect your feet.

SteriShoe uses an ultraviolet light to kill germs and reduce the chances of infection and improves the hygiene of your feet daily. This is a clinically proven, state-of-the-art shoe sanitizer that actively fights against 99.9% of the organisms that cause athlete’s foot, shoe odor, toenail fungus, and more! SteriShoe is now available at Foot and Ankle Wellness Center today! Stop by to see how it works and purchase one for you or as a gift. SteriShoe is available as a pair for $135 and includes a one year warranty. You may also order online at www.SteriShoe.com or call 866-686-SHOE (7463). Please provide the code OH10765JG and receive free shipping.

Think you have a wart? No need to worry!

As the seasons change and you break out your sandals, you might be looking at your feet at little more! If you have noticed any bumps or lumps on your feet, you might have a planter’s wart!

Planter warts are skin lesions that occur on the bottom of the foot, known medically as the “plantar surface.” Almost anyone can get a planter wart, but they most often affect children and young adults. Around 75% of people will have a wart at some time in his or her lifetime!

Warts are caused by the human papillomavirus (HPV), which infects the upper layer of skin. Although planter warts do not grow beyond the depth of the skin, they can be irritating and sometimes painful due to their location on the weight-bearing surface of the foot.

Similar in appearance to a corn or callus, planter warts have a circular shape that can vary from a pinpoint to a few centimeters in size. They typically have a thick layer of callused skin on the surface. In fact, it is not uncommon for a patient to come to a doctor thinking he or she has a corn, only to learn that the lesion is actually a wart. Warts often have characteristic “black dots,” which are enlarged capillaries that are best seen when the wart has been trimmed down.

At Foot & Ankle Wellness Center (FACWC), we have many ways to treat warts effectively, and often painlessly. We have a state-of-the art laser than can be used for treatment, as well as topical medications and freezing. Your doctor will determine which treatment is best for you.
Celebrate Skin Cancer Awareness month by taking time for a free skin evaluation every Friday in May between 10 am to 2 pm! No appointment is necessary. Taking the time to drop by could save your life!

What is the largest organ of the body?

Most people don’t know that the skin is the largest organ of the body. Over one million new cases of skin cancer are detected every year in the United States alone. Basal cell carcinoma is the most common type of skin cancer, and accounts for about 80 to 90 percent of all skin cancer cases in the United States, while squamous cell carcinoma affects approximately 200,000 people in the U.S. every year. Melanoma is the most rare type of skin cancer but also the most deadly; it accounts for 75 percent of all deaths from skin cancer, and can occur at any age.

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