



FOOT & ANKLE  
WELLNESS CENTER

# THE Extra Mile

*We're going the extra miles...to help you go your extra miles.*

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[www.FAAWC.com](http://www.FAAWC.com)

*Healthy Feet and Ankles are the Foundation of an Active Lifestyle*

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## Team Spotlight Meet Amanda Korbas



If you hear a new cheery voice answer our phone, it may be Amanda who joined the FAAWC front office staff early this year. Her duties include customer service and marketing. She graduated from the University of Toledo with a degree in Marketing and Professional Sales. Amanda enjoys traveling and spending time with her family, friends and her English sheepdog Mattie. We asked Amanda if she could travel anywhere in the world, where would it be? She replied, "I have always wanted to visit Hawaii to see the volcanoes and enjoy the tropical sun!" She is a newlywed and her husband is a pharmacist at the local Delaware Walgreens.

## Look Down at Your Feet... Could You Have a Bunion?

Dr. Drew J. Belpedio

Many people know the term "bunion" and that it occurs on the foot but don't know exactly what it is. Most people think a bunion is an abnormal growth of bone of the big toe. This is incorrect (at least in most cases). A bunion is actually a structural problem where the big toe joint becomes subluxed (dislocated) and drifts toward the smaller toes. A displaced bone, called a metatarsal, becomes prominent on the inside of the foot. The bunion simply refers to the enlarged prominent "knobby" area.



Bunions may progress in size and severity. A bunion may begin as minor issue and, over time, may develop into a severe disfiguring foot deformity. **If you have a bunion, here are 10 important things you should know as you consider treatment:**

1. Not all bunions are painful.
2. The medical term for this condition is hallux abducto valgus.
3. They come in different sizes.
4. Genetics! You may have inherited your grandmother's feet.
5. They occur more often in women than men.
6. Pointy-toed shoes and high heels may make a bunion more painful.
7. Bunions may or may not get bigger over time.
8. The bunion may cause problems with the lesser toes.
9. Non-operative treatments are mostly aimed at treating the symptoms, not the problem.
10. The goal of surgical treatment is to realign the natural position of the toe.

# Back to School TIPS



## for Shoe Buying

Pencils, notebooks, and new clothes aren't the only supplies children need when heading back to school.

Quality shoes that provide the support that growing feet need are among the most important purchase.



Fall represents one of the peak times for children's shoe shopping. **Parents need to keep in mind these tips as they shop the shoe aisle for the young feet in the family.**

- Buy shoes for the fit, not just the size. Sizing may vary widely from brand to brand or even within a brand.
- Make sure your child tries on both shoes. If one foot is larger than the other, you need to buy for the bigger foot.
- Make sure the shoes are flexible so they bend with a child's foot. A flexible shoe allows for the foot's natural side-to-side and up-and-down movement so your child can walk and run easily. Try to bend the shoe from toe to heel. It should flex right where the ball of the foot lies and not in the center of the shoe. Grab the toe of the shoe with one hand, and the heel of the shoe with the other, and twist in opposite directions. If you can twist it around easily

then the shoe doesn't offer enough support. Squeeze the back of the heel of the shoe together with two fingers. It should be soft, but not flimsy.

- Don't buy shoes that are too stiff. Since children's feet are very flexible, you don't want the shoe to exert pressure on these developing feet.
- Avoid shoes that pinch the toes. Pointy-toed shoes are not good for children or adults and can cause bunions and other foot problems.
- Man-made materials are fine for children's shoes unless they sweat a lot or they experience allergic reactions to certain chemicals.
- Check the outer soles of the shoes. Shoes with flat rubber bottoms and minimal raise in the heels promote better balance and traction.
- Don't give in to the temptation to buy a size larger so that the shoes will last longer. A shoe that is too large allows too much movement of the foot which can lead to blisters or even tripping. If you can

put your finger down the back of the heel, the shoes are too big.

- Always buy a quality shoe. The price should be secondary. But you don't have to buy the most expensive shoes to get good, supportive footwear for your child.

Parents should monitor their children's foot health and seek the advice of a podiatrist if they notice a problem.

**Be sure to check your children's feet frequently.** Does your child have ingrown toenails, athlete's foot, blisters or plantar warts? Most parents just don't take the time to look for these foot conditions.



## Edamame and Pasta with Feta Recipe

4 ounces uncooked whole grain penne or rotini pasta  
 8 ounces fresh or frozen shelled edamame  
 1 1/2 cups sweet grape tomatoes, quartered  
 16 pitted kalamata olives, coarsely chopped  
 2 tablespoons chopped fresh basil leaves, or 2 teaspoons dried  
 1/2 teaspoon dried rosemary leaves, crumbled (optional)  
 1 medium clove of garlic, minced  
 1/8 teaspoon dried red pepper flakes (optional)  
 1 medium lemon, halved (optional)  
 2 ounces crumbled reduced-fat feta

1. Cook pasta according to package directions, omitting any salt or fats and adding the edamame during the last two minutes of cooking time.
2. In a small bowl, combine tomatoes, olives, basil, rosemary, garlic, and pepper flakes.
3. Toss to blend and set aside.
4. Drain pasta and edamame in a colander. Place on serving platter or in pasta bowl.
5. Squeeze lemon over all, top with feta, and mound the tomato mixture in the center.



**Nutritional Facts: Serves 4, Diabetic exchanges/choices: 2 starch, 1 lean meat, 1 fat**

# Comfort Fit Shoe Store EVENTS

## Store Hours:

Monday-Tuesday: 9am - 6pm,  
Wednesday-Friday: 8am - 4pm  
Or by appointment  
(740) 369-3668

## August Events

### Entire Month of August

#### End of Summer CLEARANCE SALE!

Many items are 40-50% OFF.

### Monday, August 29

#### Pre-Labor Day Sale

All merchandise in the store will be  
25% OFF regular price.

## September Events

### Thursday, September 8 • 4 - 8 pm

#### Timberland Trunk Show

20% off ALL Timberland shoes & boots,  
raffles for free products and door prizes.  
Introduction to new shoes styles for medical  
professionals and new work boot designs!

### September 17 - 24

#### Special New Balance Fair Sale

Look for our shoe store booth in the  
Coliseum at the Delaware County Fair!

## October Events

### October 10 - 24

#### SAS Sale

### Thursday, October 13

#### SAS Trunk Sale

### Saturday, October 15

#### Special Open House



# Improve Your Health with These FAAWC Recommended Websites

## [www.simplee.com](http://www.simplee.com)

Do you need a stress-free way to manage your health insurance? This website can help alleviate some of the worry! It calculates your spending and manages your deductible for past and future visits.

## [www.twofoods.com](http://www.twofoods.com)

Nutrition is important.  
Check out this website! This  
website can help you compare  
the nutritional value of two foods.  
Just enter the foods you would like  
to compare!

*"If you don't have the time to  
be sick, make time to be well."*



*All-day comfort for  
healthcare professionals.*



Shoes are a very important part of keeping your feet healthy and to help, Comfort Fit Shoes offers a selection of recommended shoes for both men and women.

Featuring Acorn, Aravon, New Balance, P.W. Minor, water aerobic shoes, SAS, and Timberland brand footwear, we offer a variety of sizes, widths, and attractive styles for any occasion.

Visit us today at [www.ComfortFitShoeStore.com](http://www.ComfortFitShoeStore.com).

*We have the shoe that's  
the right fit for you.*



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