



**FOOT & ANKLE
WELLNESS CENTER**

THE Extra Mile

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

Jane E. Graebner, D.P.M. • Drew J. Belpedio, D.P.M. • Martha A. Anderson, D.P.M.

www.FAAWC.com

Healthy Feet and Ankles Are the Foundation of an Active Lifestyle.

Team Spotlight



Meet Ashley Brown

Ashley is one of our billing specialists, who submit claims to insurance companies and handle patients' bills. Don't rush to judgment on her, though: She loves to be helpful, and she loves her job here at FAAWC.

"I enjoy helping patients with the payment arrangements we have to offer those who might not be as fortunate," she says. "I like how involved in the community we are. I love how as employees we're treated. It's just a good level of caring inside and outside of work."

Ashley has worked on the administrative side of the medical field since 2008. She was born in Kansas and grew up in several locations in Central Ohio. She attended four elementary schools, one middle school and three high schools, including the same one two different times.

Ashley spends a lot of time watching youth sports, which three of her four kids do year-round. The fourth has a good excuse: He was born just this past Christmas Eve. In fact, Ashley came to work at FAAWC through one of our receptionists, Alean Brown, whose kids play sports together.

In her free time Ashley enjoys coaching softball and basketball. She loves playing softball and watching football the most.

Don't Let Foot Pain Lead to Summertime Blues



We are well past "spring fever" and have made our way into the thrill of summer. For many people, this is the time when we take our exercise outdoors.

We hit the jogging trails, head to the baseball and soccer fields, and walk around the neighborhood much more than we did in previous months. But if you suffer from foot pain, all of these activities can be uncomfortable.

Your best options are to participate in activities that involve parts of your body other than your feet alone, such as biking and swimming. These sports put little

to no impact on your feet, but they still can serve as effective alternatives to cardiovascular activities, such as running and walking.

Always be cautious when going barefoot, as the dangers of foreign bodies, puncture wounds, poison ivy (among other contact dermatitis) and burns are abundant during the summer. They could ruin the health of your feet — and your fun — especially if you have diabetes.

If you notice a sudden increase in foot pain as a result of your activities or any of the barefoot risks mentioned, call our office at 740.363.4373 for an appointment.

If you are being treated for, recovering from or have already resolved your foot and ankle issues, it's imperative to ask your doctor what types of exercises are best for you. With any exercise, it's important to start slowly and gradually work into a routine. It can be tempting to push your body too far early in the process, which can lead to lasting limitations for your fitness goals.

We'll Leave You Screaming for More ... Patients!



Life is full of ups and downs. What matters most is that you enjoy the ride. That's where the current prize for our ongoing "Bring 'Em in and You Could Win" patient-referral drawing comes in.

This summer we're giving away a **\$400 trip to Cedar Point or Kings Island ... or both**, if you want to not blow it all at one park. The drawing will take

place Aug. 7. Just refer a new patient — or one who hasn't been seen in our office in at least three years — to be entered for a chance to win.

Get to the “Core” Issue



We have known for quite some time the benefits of making the “core” of your body stronger. New research is pointing out the benefits of keeping the cores of your feet stronger, as well.

There are different types of muscles in your feet and ankles. Some play a bigger role in movement, and others work alongside ligaments to provide strength and stability.

The foot muscles we usually think of are the ones that run from the lower leg, through the ankle, into the foot ... and actually move your foot. However, we also have smaller, often-overlooked muscles that start and end in just the foot.

Like the more notorious abdominal core muscles (such as your abs), these intrinsic foot muscles aren't designed to power big movements. Instead, they provide small corrections to keep you stable and balanced. They also serve as motion detectors, picking up subtle movements as they are stretched or compressed when your balance shifts.

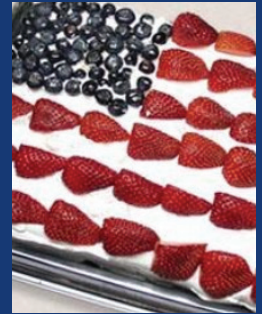
When these muscles are stronger, we have better balance, which means less strain on areas such as your plantar fascia. Unfortunately, because we live in a “shoes-are-not-optional” society, these muscles can weaken over time. Keeping your core foot muscles strong is especially important if you wear orthotics.

Core foot muscles can be strengthened by arching the foot while keeping the toes and ball of the foot flat on the ground. As you learn what it feels like to activate the intrinsic muscles, go from sitting to standing, then standing on one leg, then eventually to single-leg hops with the foot core activated. You also can bunch a towel with your toes 3-4 times and gradually use the toes to pull it under your foot.

Red, White and Blue Strawberry Shortcake

INGREDIENTS

1 package (18.25 ounces) cake mix; yellow is recommended
1 container (8 ounces) frozen whipped topping, thawed
1 pint blueberries, rinsed and drained
2 pints fresh strawberries, rinsed and sliced



DIRECTIONS

Prepare cake according to package directions (bake in 9 x 13 inch pan). Cool completely. Frost cake with whipped topping. Place blueberries in a square in the upper-left corner and arrange sliced strawberries as stripes to resemble an American flag. Chill until ready to serve.

Our RocSocs are Guaranteed to Leak!

RocSoc water shoes are lightweight, breathable and easy to get on and off. Their water-dissipating soles drain water quickly, and the shoes help protect your

feet from summer hazards, such as rough pool bottoms, hot sand/pavement, splinters and rocks. **They're available at FAAWC for \$33 a pair, plus tax.** They'll have you RocSoc-and-rolling through summer.



It's Not too Late to Feel Rejuvenated!

Our new laser was beaming with pride April 23, when FAAWC hosted Skin & Nail Rejuvenation Night at our office. Guests were treated to a night of fun, food, wine and laser learning.

One lucky guest, Mallory Hope, pictured here with Dr. Jane, was the grand-prize winner of a \$500 FAAWC gift card.

Our laser therapy cures fungal nails; rejuvenates hands; eliminates spider veins; and removes hair, warts, age spots and scars. If you're embarrassed by your skin or nails — or if a loved one is infected with nail fungus — our new Aerolase laser can help.



Give us a call at 740.363.4373 to schedule a consultation with one of our doctors.



What's Up, Docs?

FAAWC was named the Best Physician's Office in the The Delaware Gazette's 2015 Readers' Choice Awards. Thank you for your vote ... of confidence in our practice.

Dr. Jane offered free foot care to high-heeled participants in May's Walk a Mile in Her Shoes event. Later, she flew more than 2,000 miles to spend a week in Costa Rica with, from left, husband Mike DeChicco, daughter Alison Smith, son-in-law Noah Mabry, daughter Michelle DeChicco-Mabry and daughter Jeanette Smith.

Dr. Drew and Dr. Marti's red team won two games at our (apparently now) annual laser tag outing. A bunch of zombies won the third and final game.

While many people were cleaning up their taxes at the last minute April 15, we were back cleaning up the streets, as we completed our first **Adopt-a-Highway outing** of the year.

Each of our three doctors recently recorded a segment to be shown on television's **Good Day MarketPlace**, which airs from 10-10:30 a.m. weekdays on FOX 28. Watch for them in the coming weeks!

Are You Embroiled in a Sandal Scandal?



Do you know someone who has **NASTY** sandals? Is it you? We're offering a **new pair of Vionic sandals** this summer to someone in need.

All you have to do is **email tom@faawc.com** a photo of your awful sandals ... or your loved one's ... or your co-worker's ... or whoever's. We'll post all of the photos on Facebook, then let our followers vote on which pair is the worst. The "winner" will receive a new pair of Vionic sandals, which will be fitted by one of our certified shoe fitters.

THANK YOU! You CAN Make a Difference. And You Did!

Thanks to our patients' generosity, FFAWC was able to donate three large boxes of food and household items for the 2015 CANpaign. People In Need, Inc. of Delaware County served 124,242 meals to 13,992 individuals in 2014, thanks to donations from those in our community.

- ## CALENDAR OF EVENTS
- June 12:** FFAWC-sponsored Best Little Pig Roast at SourcePoint
 - June 22:** Doughnuts for Dad giveaway at FFAWC
 - Aug. 7:** Delaware County Employee Health Fair at OWU
 - Aug. 28:** FFAWC-sponsored Rock the Boat Caribbean Cruise 2 at SourcePoint
 - Sept. 26:** Sweet Feat 5K Walk at Willow Brook at Delaware Run



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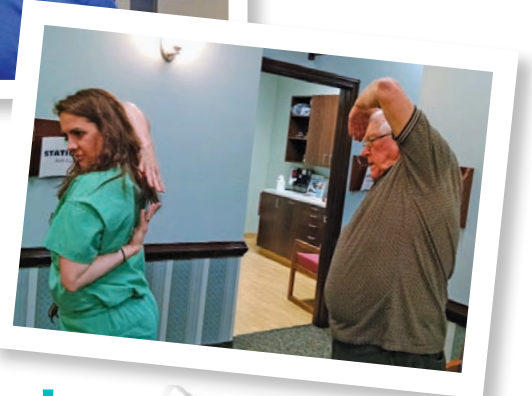
We're in (LOCAL) Business!

We believe in supporting local businesses, and we want to help our patients be able to do the same. If you know of a local business that you'd like to promote, bring in some of its business cards. We'll place them in a binder that our patients can browse — and take cards from — while in our waiting area.

Taking the Plunge ... to Prevent Falls

FAAWC conducted fall-prevention/balance screenings May 21 at our office. The assessment consisted of eight testing stations to help determine an individual's risk of falling.

Dr. Jane spoke with participants about the dos and don'ts of footwear for seniors, and Dr. Marti served as a director of one of the assessment stations. Also participating were OhioHealth physical therapist Jeremy Woods, ACE certified personal trainer Dave Lewis and Delaware General Health District health educator Mitchell Briant.



Get Your Koozie Out of Our County!

We're posting photos on our Facebook page of anyone who captures themselves and any vacation-mates using **FAAWC can koozies** while away from home. (Here Dr. Marti and husband Eric pose at Kiawah Island beach in South Carolina.)



The farther from Delaware County our koozies can get, the better. Free ones for you and members of your group can be picked up at our office, and photos (with location in the subject line, please) can be **emailed to tom@faawc.com**.