Give Me 5 Reasons ... to Welcome Dr. Chris

Starting July 31, a new doctor will be walking the halls and helping the patients at FAAWC. We are thrilled to have Dr. Chris join our talented and dedicated team, but patients should be even more thrilled. And here's why.

The top five reasons to welcome Dr. Chris to the FAAWC family:

1. **He's qualified.** Dr. Chris is trained in all aspects of foot and ankle care, and he is board qualified in foot surgery and reconstructive rearfoot and ankle surgery.

2. **He's following in familiar footsteps.** Dr. Chris recently completed the same residency program Dr. Marti did several years ago. And he, too, was chief resident. (And we really like Dr. Marti.)

3. **He's dedicated.** After graduating with honors in electrical engineering, Dr. Chris worked for Lockheed Martin Missiles and Fire Control in Orlando before his sister helped steer him toward podiatry, where he could do more to help people.

4. **He's ready to help you get better.** Dr. Chris enjoys treating a wide variety of foot and ankle problems and conditions, and he's a skilled surgeon. His special interests include arthritis treatment, flatfoot surgery, foot and ankle trauma surgery and sports medicine (arthroscopy).

5. **He's starting his own family.** Dr. Chris’ fiancée, Katie, is a veterinary technician who serves in the Army National Guard. The couple will marry later this year, and they already have a dog and three cats.

Don’t forget you can meet Dr. Chris on Aug. 30 at a summer celebration at our office.

A New Doctor Is Afoot at FAAWC

FAAWC is getting a great birthday present! Dr. Christopher Tulodzieski will join us July 31, a mere nine days after the practice’s 35th anniversary. We’re thrilled he got a foot in the door with us because he already knows what makes FAAWC stand out: “All of the employees are a close-knit family,” he says. “This team-directed approach is great for patients and employees alike. The practice also offers services that no other office can supply, setting it above the rest.”

Before becoming part of FAAWC’s caring family, Dr. Chris came from a family of five siblings, including a twin brother. Now he’s working on a family of his own. He is engaged to Katie, who works as a veterinary technician when she is stateside but is currently deployed overseas in the Army National Guard.

Dr. Chris was born in Akron and raised in Green in Northeast Ohio, which explains his allegiance to Cleveland sports. He graduated summa cum laude with a bachelor’s degree in electrical engineering from the University of Akron, but his first steps to becoming a podiatrist were yet to come.

“I was always interested in math and science throughout high school and college,” Dr. Chris says. “Toward the end of my engineering education I realized that there was more that I desired in my professional career. I wanted to continue my diagnostic skills, but with the satisfaction of working with and helping people. My sister, who was in podiatric medical school at that time, informed me of all that medicine had to offer.”

With his eyes focused on feet and ankles, Dr. Chris graduated cum laude with a doctorate from the Kent State University College of Podiatric Medicine. He then completed his Mercy Health Foot & Ankle Residency in Cleveland, where he was chief resident and developed into a skilled doctor and surgeon.

“I enjoy the long-term relationship with patients, variation between surgery and clinic and the ability to balance work and family,” he says.

He loves cooking; cheering for the Browns, Indians, Cavs and Buckeyes; and spending time with friends and family.

Your circle of friends and family just got a whole lot bigger, Dr. Chris. Welcome to FAAWC: Your Pain & Injury Specialists Who Care!
Is That Pain Telling You Something More?

Many symptoms exist that we tend to ignore: aches, pains, tiredness. However, any persistent pain in your legs and feet is not normal, and it could be the sign of a serious underlying condition.

Peripheral arterial disease, or PAD, affects more than 250 million people worldwide. The older you are, the higher your risk. Risks are further escalated by tobacco use, diabetes and high cholesterol. People with PAD also are at a higher risk of heart attack or stroke.

As podiatric physicians, we are often the first ones to discover arterial disease. After all, we spend a lot of time looking at patients’ legs and feet! This is why we always examine both extremities at your initial visit, even for something as small as an ingrown toenail.

You may not know it, but part of every initial examination includes a vascular check of pulses and capillary refill, as well as other signs of arterial disease. Other symptoms include pain in the legs, calves or feet when walking, or pain at rest, such as in bed at night.

What if we told you a test could determine whether you’re at an elevated risk for heart attack or stroke, and all it would take is removing your shoes and socks for about 5 minutes? Sounds easy, right? We often order a simple test called “ankle-brachial index,” in which your pulse rate is checked at the neck or wrist and blood pressure at the biceps and ankle, and then the numbers are compared.

Sometimes PAD takes a backseat to things like heart attack and stroke, but they are intimately related. When too much plaque gathers around your heart vessels, you have a heart attack. When the same plaque gathers in your legs, it’s PAD.

So remember to take off both shoes and socks when you come in for a new problem or a yearly check at FAAWC: Your Pain & Injury Specialists Who Care! It truly could be a life-saving action.

Call 740.363.4373 today to make an appointment.

TECHnically Speaking

As the saying goes: “Knowledge is power.” Nowhere is knowledge more powerful than when it comes to your health, so use the following online resources to stock up on information.

Physician Compare. From Medicare, it offers background on doctors and ratings from patient surveys. Medicare.gov/PhysicianCompare

Hospital Compare. From Medicare, it rates hospitals on aspects such as effective care, complications and patient experiences. Medicare.gov/HospitalCompare

Hospital Safety Score. Gives hospitals a letter grade based on a range of safety measures. HospitalSafetyScore.org

Take a Vacation on a Hawaiian ‘I’ Land

Want to get away … without the hassle of getting away?

We want to bring you under our umbrella of fun Aug. 4 by having you win a $400 Hawaiian package, consisting of two zero-gravity chairs, a Tiki beach umbrella, a bamboo bench/table and a $50 gift card to Grass Skirt Tiki Room in Columbus.

Just refer a new patient or salon client – or one who hasn’t been seen in our office in at least three years – to be entered. The more people you refer, the better your chance of winning.

It Was MADNESS Around Here!

Long before the Cleveland Cavaliers reached the NBA Finals, FAAWC got all caught up in the hoopla of the NCAA’s March Madness.

We let patients and guests take a shot to prove they had what it takes, and Carter Clark (top left) won the grand prize: the Pop-a-Shot we used in the contest. Other prize winners included Israel Otterbacher (Final Four basketball), Deanna Fahey (basketball mug), Lily Nosko (basketball trash can) and Caitlin Lipps (basketball cup).

Before the Pop-a-Shot found its new home, however, it also hosted a team-member tournament, with receptionist and surgery coordinator Alean Gladden (top right) dominating all other FAAWC challengers.
1. FAAWC is thrilled to be a banner sponsor of the YMCA, which is literally right down the street from our facility. Our motto is “Healthy feet and ankles are the foundation of an active lifestyle,” so we’re pleased to partner with the YMCA and its ability to help people be active. In the photo are Roger Hanafin of the YMCA; Dr. Jane; Dr. Christopher Tulodzieski, who will join our practice July 31; Dr. Marti; and Dr. Drew.

2. Dr. Jane got walkers off on the right foot in downtown Delaware at the annual Walk a Mile in Her Shoes event to benefit domestic violence awareness and prevention. She provided supplies to protect men’s feet from women's shoes.

3. ToeToe, FAAWC’s younger marsupial mascot, enjoyed a night on the town in Chicago with public relations assistant Jill Schultz and her granddaughters, Nora (left) and Francesca. We’re sorry to report that ToeToe did not make the cut for the Blue Man Group.

4. FAAWC was voted the BEST MEDICAL FACILITY and BEST NAIL SALON in the Delaware Gazette’s and Sunbury News’ annual Readers’ Choice Awards. Thank you for giving us your vote of confidence!

5. Receptionist Candel Gleim and medical assistant Jennifer Hargenrader won a contest among team members in which they had to guess which interesting fact on a list went with each FAAWC team member. Now we’re opening the contest to patients, with Amazon.com gift cards as prizes. See the back page for details.

6. Dr. Marti had an egg-specially good Easter. She got to celebrate with her grandmother, Mary Alice Hertlein; mother, Jeannie Harvey; and daughters (from left), Kaitlyn, Hayden and Calli.

7. Kaitlyn and Calli also had a ball April 29 at Healthy Kids & Safe Family Day at the Delaware YMCA. FAAWC attended the event.

8. Our beautiful facility received an expanded parking lot for its fifth birthday. It’s just another way we’re making the FAAWC experience more convenient for you.

It’s a Date!
FAAWC will be attending the following upcoming health events:
- July 11: Delaware Area Safety Council Health, Safety & Wellness Expo, The Eagles Lodge, 11:30 a.m.-1:30 p.m.
- Aug. 4: Delaware City & County Employees Health Fair, OWU Hamilton-Williams Campus Center, 7 a.m.-noon
- Aug. 19: Grandparents Day, SourcePoint, 8:30 a.m.-noon
- Oct. 28: Pumpkin Run 5K & Sweet Feat 5K Walk & Trunk or Treat, Mingo Park

THE GIVING CORNER
Where It’s Easy to Make a Difference
Has your spring cleaning turned into summer cleaning? HowToCleanStuff.net is a great site to get and submit cleaning tips. Hundreds upon hundreds of categorized suggestions can be found on the site, as can be a cleaning blog. For every tip you submit that gets published, the site donates 25 cents to the Clean Water Fund.

Stop by our office TODAY for 50% OFF SIGVARIS compression products and 50% OFF Vionic footwear!
GUESS WHO?
And Win Amazon Gift Cards!

We’re playing a little matching game, which can be found on the main page of our website. The goal is to match the most facts with the correct FAAWC team members. First place wins a $75 Amazon gift card, second place wins a $50 gift card and third place wins a $25 gift card. More information – and the rules – can be found at FAAWC.com.

Farewell, Dr. Gene. And Thank You!

The “Podiatry” chapter of my life is about to end, but I’m excited to begin exploring the next chapter, titled “Retirement.”

In my short time with FAAWC, I’ve been blessed with wonderful co-workers who have become dear friends and made me feel right at home. I feel very comfortable in the knowledge that my patients will be well cared for here after I leave.

I will most certainly miss the friendships that have developed over the years with each of you who entrusted me with your care.

Thank you for making my work such a pleasure. You will be dearly missed.

Blessings,

Dr. Gene's last day at FAAWC is July 26.

YOU’RE INVITED TO FAAWC’s Summer Celebration!

It’s our practice’s 35th anniversary, Dr. Christopher Tulodzieski is joining our team and Dr. Gene Graham is retiring. Needless to say, FAAWC has a lot to celebrate this summer. And we want you to be a part of it.

From 5-7 p.m. Aug. 30 at our office, we’re going to party like it’s 1982. (But we’re going to do it in bodies that are 35 years older than they were when Dr. Jane started the practice in 1982.)

We’ll have plenty – refreshments, entertainment and giveaways – to keep you on your toes. Join us for Mayor Carolyn Kay Riggle's proclamation of Delaware’s Day of Kindness, and be part of a giant aerial heart photo.

SAVE THE DATE: Pumpkin Run & Sweet Feat Walk · Saturday, Oct. 28 · Mingo Park