



**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

**Please Welcome
Harpreet K. Khalsa (Olivia)
to our office!**



Olivia will be joining us for her preceptorship* under the guidance of Drs. Graebner, Belpedio, and Anderson. She earned her doctorate of Podiatric Medicine through Kent State University and has obtained a Bachelor of Science degree from Indiana University. Harpreet says "I am thrilled to be so close to fulfilling my dreams of becoming an excellent podiatrist," and we at FAAWC are just as excited to have her join us.

Prior to studying to become a doctor, Olivia was born and raised in India and later moved to Indiana with her family where she loved to spend time shopping and catching up on movies. Cooking Indian food is also a favorite hobby since this usually brings her family and friends together. She also enjoys her volunteer time with a free clinic in Cleveland along with several 5k's, walks, runs and other benefits. Let's welcome her as she participates in your walk to a healthy lifestyle while at FAAWC.

*pre-cep-tor n. An expert or specialist, such as a physician, who gives practical experience and training to a student, especially of medicine or nursing.

“FALL” BACK INTO School Sports

Pencils are sharpened and new notebooks are being put into backpacks: it's back to school time! This also means many kids and teenagers will resume athletics through school sports. These activities can promote fun, team spirit, and improve self-esteem!

While kids may feel "invincible" at times, they are still prone to minor and major injuries.

Here are some tips to keep everyone safe this fall:

1. An Ounce of Prevention is Worth a Pound of Cure. The best way to avoid sprains, strains, and fractures is stretching and warming up properly. These help loosen muscles and prevent injuries in athletes of all ages.

2. Wear the Right Shoes. No two feet are identical. So, not every shoe is right for each person. Kids feet can also grow rapidly, and often times they don't know their shoes are too small until symptoms are present. Be sure to check shoe size and fit in addition to wear and tear of athletic shoes regularly.

3. Blisters are caused by friction when shoes and socks rub repeatedly on the skin. Although common for children, prevent blisters by keeping your child's feet as dry as possible. Wet shoes and socks will cause blisters far more quickly than dry ones.

4. No Pain No Gain? No way!

Pain after running or other sports should be considered abnormal. **Sever's Disease**, or inflammation of the heel growth plate, is an injury due to muscle strain and repetitive stress. It is common in young athletes particularly when the child's bones are still in the growth stage (between 8-14 years of age).

5. Avoid Shin Splints. These are micro-tears or inflammation of the muscles on the front of the leg. We see these often in kids who run or play on hard surfaces especially at the start of a season. In addition to rest and stretching, custom orthotics can help.



A game or a match could be like a test. The more prepared, the better the outcome. Your doctors at FAAWC wish you success both on and off the field!

Visit us at www.FAAWC.com or call us at 740-363-4373

August 2013

Turf Toe



INJURY

Turf toe is caused by a sudden dorsiflexion (bending upwards) of the great toe on the first metatarsal head. You might hear someone describe this as a “jamming injury”. Usual symptoms are pain, swelling, and possible bruising around the big toe joint.

Like most sprains, this injury ranges in severity. X-rays with a careful physical exam and history by your podiatrist will help to determine your personalized treatment plan. Treatment can range from rest and ice, to a cast or a cast boot. *Prompt treatment is always recommended especially since one of the biggest long term problems is arthritis in the affected joint.*

As summer comes to a close, the colder temperatures come with one saving grace, *football season*. Here in Ohio where football is a passion, it's prime season for “turf toe” injuries. From peewee to collegiate, this is a very common injury with a range of severities. In the past few Ohio State football seasons, there has been at least one player with a turf toe injury. (Remember Beanie Wells being out for several months? That was turf toe!)

“**Turf toe**” describes a sprain of the **big toe joint**. Early on, this injury was applied only to those participating in American style football because athletes played on artificial turf. However, this type of injury can occur in other sports like basketball, soccer, and competitive dancing.



Win an iPad!

Still interested in your chance to win? **Now through Friday, December 6, send us a new patient or someone we have not seen within 3 years, and you'll be entered into our next raffle for an iPad!**

Thank you to a select few of our patients who provided feedback in our satisfaction survey of the previous newsletter. Our first 10 responders will receive \$5 to Tim Horton's. Get your gift card by reviewing FAWC at <http://svy.mk/YFQizJ>.



WOW!

Kiddythotics Program at FAWC



Ask your FAWC podiatrist about Kiddythotics today.

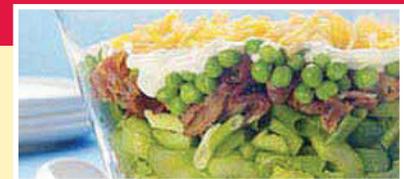
If your child needs orthotics but is still growing, the Kiddythotics program at FAWC may be “just what the doctor ordered!”

Kiddythotics are cost-effective shoe inserts that encourage proper walking and running. Also known as orthotics, they provide support and structure as the foot changes size or shape during normal growth. Available in increasing sizes, these are perfect for your toddler on into preschool age. In a cost-effective way, the Kiddythotic program allows your doctor at FAWC to give a new orthotic as the feet grow.

Frosted Polynesian Salad

From Our Table to Yours

Vicky Spellman, FAWC's billing specialist, has shared her recipe below.



INGREDIENTS:

1 small head of lettuce
1 - 10 oz package of frozen peas (cook and cool)
1 red bell pepper (sliced thin)
1 red onion (sliced thin)
2 cans sliced water chestnuts
2 carrots (grated)
2 - 15½ oz pineapple tidbits (drained)
2 - 4 oz cans sliced mushrooms

Dressing mix -

1½ cup mayo
1½ cup sour cream
5 tsp. sugar

Topping

¾ cup cheddar cheese
¾ cup fried crumbled bacon

DIRECTIONS:

To begin preparation, fry the bacon crisp. Pat it dry, and crumble into small pieces. Set aside. Cook the peas as directed, drain, and set aside to cool. Clean and dry lettuce. Break into bite size pieces and line a 9x13x2 inch baking dish with the pieces. Clean and slice the red bell pepper and red onion into 1-inch pieces, layer them onto the bed of lettuce. Grate the carrots and place them as the next layer. After draining the canned ingredients, layer sliced water chestnuts, pineapple tidbits and sliced mushrooms onto the salad. Finally, add the peas as the last layer.

Combine mayo, sour cream and sugar into a bowl. Spread this dressing onto the layers (like frosting).

Top the salad with cheddar cheese and bacon.

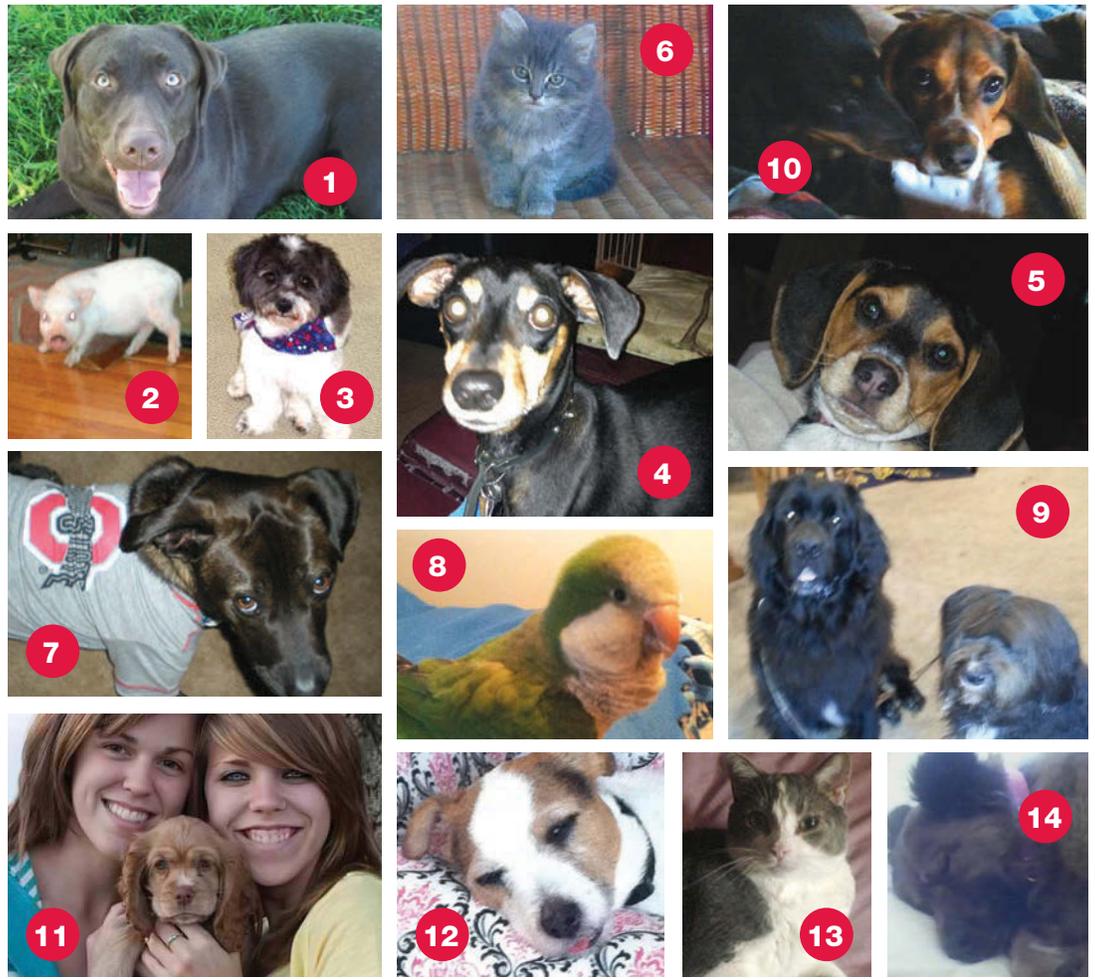
Enjoy!

Can You Match FAAWC Staff with Their Pets?



- A. Dr. Anderson
- B. Alean Brown, Surgical Coordinator
- C. Julie Wilgus, Receptionist
- D. Stella Leonard, Medical Assistant
- E. Laurie Maris, Business Office Manager
- F. Heather Redick, Medical Assistant
- G. Morgan Glassburn, Marketing Director
- H. Chris Fairchild, Receptionist
- I. Vicky Spellman, Billing Specialist
- J. Erin Creighton, Nail Technician
- K. Dr. Belpedio
- L. Chuck Hall, Medical Assistant
- M. Kim Brown, Medical Assistant
- N. Alicia Collins, Medical Assistant

See answers at bottom of page.



And the Winners Are...



A huge thank you to everyone who referred someone to our office. Congratulations to the winner of the 43" Samsung Plasma TV, Deb Savage! Picture above is her husband, Kevin, and daughter, Alyssa. Also pictured is Annie, daughter of our podiatric assistant Alicia, for her part in selecting the winner.



Happy Birthday! What a pool-tastic celebration of 5 years for the Council for Older Adults and to Harry Stefanyk who won a pair of water shoes.



Healthy Senior day at the Delaware YMCA was successful especially for our winner Ann Green who took home a pair of Orthaheels!

ANSWERS: 1G; 2E; 3K; 4A; 5B; 6C; 7L; 8F; 9N; 10M; 11D; 12H; 13J; 14I



**FOOT & ANKLE
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1871 W. William Street
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**Look
Inside
for Your
Chance to**

**Win an
iPad!**

Who is prepared to participate
in the largest walking-only race
in the United States? **WE ARE!**



On September 9, the half marathon of 13 miles will be completed by staff and friends of FAAWC at the 9th annual New Albany Walking Classic. They have been training for months and now the time for them to shine is almost here. Pictured from left to right in the front row, Chris Fairchild, Vicky Spellman, Laurie Maris, Dr. Jane Graebner. In the back row, Heather Redick, Alicia Collins, Chuck Hall, Kim Brown, and Dr. Martha Anderson. Also participating but not pictured are Lisa Holloway and Brenda Jervis. Keep them in your thoughts as they prepare for the long haul!

FAAWC Cookout



Summer nights wouldn't be complete without great friends and family as they gather for a cookout and corn hole. That's how your team at FAAWC celebrated together. Pictured are your podiatrists and the winners of the corn hole tournament. Left to right (3rd) Greg and Michael Gladden, (2nd) Maggie and Chuck Hall, (1st) Logan and Morgan Glassburn.

And the winner is...

See inside for winners from our office and in your community through various events! A 43" tv, Orthaheels, water shoes, PediCare, and baskets galore, this summer has been a great time to give back!