Let FAAWC Help You NAIL Down This Problem

The shape, texture and color of your natural nails act as a window into your body. And while some nail symptoms are harmless, others can be indicative of chronic diseases, including cancer.

Part of a foot and ankle exam includes looking at changes in your skin and nails, changes that often are difficult for anyone else to see. At FAAWC, we use a microscopy device, which allows for close and careful examination of changes in your toenails.

Here are several toenail issues to which all patients should pay attention:

**Yellow nails:** Nails may yellow with age or due to the use of acrylic nails or nail polish. If your nails are thick, crumbly and yellow, a fungal infection could be to blame. **And early detection is key!** FAAWC offers several different treatment options for fungal nails, including safe and convenient laser treatment. Less often, yellow nails may be related to thyroid disease, diabetes, psoriasis or respiratory disease.

**Horizontal ridges:** Horizontal ridges, also known as Beau's lines or Mees' lines, may also be due to psoriasis, uncontrolled diabetes, circulatory disease or severe zinc deficiency. Other less common causes include Hodgkin’s disease, malaria, leprosy or carbon-monoxide poisoning.

**Dark spots:** Black streaks or dark spots should always be checked, as they may be due to melanoma, the deadliest form of skin cancer.

**Spoon nails:** Nails that go up at the end are called “spoon nails.” These may be a sign of iron-deficiency anemia, heart disease or hypothyroidism.

If you have any concern for changes in your nails, the rule of thumb — or toes, in this case — is that **EARLY DETECTION IS CRUCIAL.** At your next appointment, let your FAAWC physician know about any changes you have noticed. **Call 740.363.4373 to make an appointment.**

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**Give Me 5 Reasons ... to LIKE FAAWC on Facebook**

We're not just your doctors, surgeons and one-stop foot-and-ankle shop; we're part of your lives and your community. Use this QR code to go to our Facebook page, then LIKE us. You can learn about what we've been up to and what's going on in the area, leave a review, take a virtual tour of our office, read about helpful services we offer and, of course, be entertained.

**The top five reasons to LIKE FAAWC on Facebook:**

1. To witness the travels and adventures of Dr. Jane and Mr. Aruba.
2. To watch Dr. Drew sing the national anthem before Ohio State sports events … and Dr. Marti plant a pie in Dr. Drew's face.
3. To find out where our marsupial mascots, Dorothy and ToeToe, end up next.
4. To be awed by our team members singing “The 12 Days of an FAAWC Christmas.”
5. To see what FAAWC team members used to look like, on “Throwback Thursdays.”

**Don’t Twiddle Your Thumbs. Use them to LIKE us on Facebook … and win!**

Each new person who LIKES our Facebook page in 2017 will be entered into a monthly drawing for prizes worth at least $50. It’s a yearlong giveaway LIKE nothing you’ve ever seen.
The (400) Bucks Stop Here!

We put the “FUN” in Elizabeth Devine’s “reFUNd” by giving her a $400 boost just in time for tax day … just for referring a patient to our office.

Don’t be (beach) bummed you didn’t win! Have you ever dreamed about vacationing on the Hawaiian Islands? On Aug. 4, you could turn anywhere into your own personal Hawaiian “I” land, because our next drawing will help you get away … without the hassle of getting away. We want to bring you under our umbrella of fun 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.

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Do Your Feet and Legs Work Better Under Pressure?

FAAWC now carries compression socks from the Therafirm lineup. These products offer gradient compression that provides a controlled amount of pressure that is greatest at the ankle and gradually decreases toward the top of the stocking. This gradient pressure promotes better blood flow and helps to prevent swelling.

Therafirm hosiery is cool, comfortable, moisture-wicking and made of super soft and ultra stretchy material that makes it easy to put on. It also features a comfortable band that isn’t restrictive and stays in place all day. All Therafirm products come in a variety of sizes, and they are made in the USA.

Stop by our office today to see our selection and to buy a pair … or pairs!

TECHnically Speaking

Don’t pay more than you have to for your medications. Try these simple ways to save:

2. Ask your pharmacist about manufacturer savings cards or discount cards.
3. Visit a drug’s official website for free trial offers and coupons.
4. See if you qualify for low- or no-cost medication programs at industry-run pparx.org (Partnership for Prescription Assistance).

Hit the Mother Lode of Great Gift Ideas

Mother’s Day is May 14, and we have a great gift idea for your mom: Bring her in for a complimentary shoe-fitting appointment, and buy her a pair of doctor-recommended shoes. A great pair will keep her feet comfortable and safe, and who doesn’t want Mom comfortable and safe? In addition, we’re having a 30% OFF inventory closeout sale on Vionic shoes, sandals and slippers!

Call 740.363.4373 today to schedule a complimentary appointment with one of our certified shoe fitters.
1. On Feb. 10, FAAWC hosted staff from East Texas Foot & Ankle Centers in Tyler, Texas. From left: Kelsey Williamson, Geneva Kent, Dr. James Kent, Dr. Jane, Kati Weems and Dr. Drew. Dr. Kent and his group visited our facility to see our practice firsthand and to offer the opportunity for all of us to learn from one another.

2. Dr. Drew’s team, Hot & Fluffy, won FAAWC’s eight-week Wellness Challenge. Members of the team were: Elia, Alean, Dr. Drew, Candel, Heather and Franco.

3. As part of our annual Wellness Challenge, some FAAWCers participated Feb. 12 in the It’s NOT Valentine’s Day 5K in Dublin. From left: Kyle Shanks, Linda Knauber, Renee Stahl, Candel Gleim, Franco Rossi, Tom Sherer, Alean Brown, Kim Brown and Elia Ali. Dr. Marti is hunched over in the front … but only to make room for everyone, not because she was ready to collapse.

4. Dr. Jane recuperates, under the watchful eyes of marsupial mascots Dorothy and ToeToe, after having a tummy tuck several years after successful gastric-bypass surgery. Unlike Dorothy, Dr. Jane didn’t have to worry about a pouch getting in the way.

5. Dr. Jane spent her birthday (March 4) at Stratford Ecological Center, Magnetic Springs Cafe and Fujiyama Steak House of Japan, where she ate dinner with friend and patient Lisa Hollaway.

6. If that wasn’t enough, Dr. Jane then watched Stomp perform on March 12 at The Palace Theatre in Columbus.

7. Calli and Kaitlyn, two of Dr. Marti’s girls, recently took a cooking class. (Yes, they’re cooking now … sort of.)

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**WHAT’S UP, DOCS?**

**The Giving Corner**

**Where It’s Easy to Make a Difference**

Long after you’re gone, the diapers from when you were a baby still will be around. Did you know it takes 250-500 years for a disposable diaper to decompose in a landfill? Or that disposable diapers are the third-largest consumer item in landfills? If you want to make a difference — but aren’t committed to dealing with cloth diapers — gDiapers might fit you well. They can be flushed or composted, and they break down in about 50-150 days. They also contain no perfumes or latex.

Visit [gDiapers.com](http://gDiapers.com) for more information.

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**It’s a Date!**

FAAWC will be attending the following upcoming health fairs:

**April 29:** Delaware County Healthy Kids & Safe Family Day, Delaware YMCA, 8:30-11:30 a.m.

**May 4:** Celebrating Seniors, Mingo Park, 10 a.m.-1 p.m.

**July 11:** Delaware Area Safety Council Health, Safety & Wellness Expo, The Eagles Lodge, 11:30 a.m.-1:30 p.m.
FOOT & ANKLE
WELLNESS CENTER
1871 W. William St.
Delaware, OH 43015

Save a Tree: Get Our Newsletter Online

You can receive our newsletter any way you want: print or online ... or both. If you'd like to receive it via email but don't, simply email tom@faawc.com. (Please be sure to mention if you'd also like to continue receiving the print version.) We also recently updated our mailing list. If you notice any mistakes with your name or address, please let us know at the same email address.

Farewell to Erin ... But Not to Our Salon

Life is about changes. And so the time has come for me to say farewell to FAAWC and begin a new chapter in my life.

Thursday, May 11, will be my final day working within the walls of this wonderful facility, so that I may spend more time with my family, while I can, and on my home life. While this has been a very difficult decision, I'm thankful for the time spent with my compassionate “feet” family.

In my 5 years here — since March 6, 2012 — I’ve had the privilege of getting to know so many wonderful people. And I’ve had the pleasure of helping many of you attain healthier, happier feet.

I’m thankful for and have loved being a part of your lives, and I will greatly miss each and every one of you.

Sincerely,

Erin C. Caughey

Despite Erin's departure, our salon still will be an important part of our practice. In fact, we're working on plans to expand our salon and to offer services for hands. More details will be announced later.

Inventory Closeout SALE on Vionics and SIGVARIS Compression Socks/Hosiery

50% OFF on SIGVARIS! Do you have poor circulation or swelling in your lower extremities? Do you worry about deadly blood clots when traveling? SIGVARIS compression socks/hosiery can help. And now’s the best time to try these QUALITY compression products at a GREAT PRICE!

30% OFF on Vionics! Your feet could benefit from shoes, sandals or slippers with built-in arch support. And now you can get them for an even better price.

Stop by our office today to buy a pair — or pairs — of both products. ALL SALES ARE FINAL!

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