



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 Kez Mitchell



A new face is giving a new voice to FAAWC, and it belongs to Kez. So if you hear someone you don't recognize on the phone, it's a good bet you're talking with the new girl.

A longtime elementary educator, Kez decided to do "something different" by joining our office. Now, instead of educating children, she serves the needs of patients ... by answering phones, scheduling appointments and facilitating communication.

"Education has changed so much," she says. "I wanted to work with people but not be in a classroom. I like the staff here. I like the variety. Meeting new patients – that's always a good thing."

Kez was born and raised in Licking County. She graduated from Otterbein University with a bachelor's degree in psychology, then earned her master's in education at Kent State.

Away from work she likes to read and spend time with her family. She has three boys – Jonah, Elijah and Isaiah – and she will celebrate her 25th wedding anniversary in November with husband David.

Oh, and we know you want to know where her name came from. In short, it was a last-minute decision by her mother after seeing the name in the credits of a movie.

Exercise Secrets for Diabetics

Drew J. Belpedio

Thirty million Americans, **almost 10 percent of the population**, live with diabetes. This seems to be the result of a perfect storm of commerce, lifestyle and genetics. We work longer days in the office and spend more time in front of our computers and televisions than we do exercising. As the world has evolved, we have adopted a more sedentary lifestyle.

However, it's not all doom-and-gloom! Diabetes can be a very manageable disease. There are many patients who would rather **be proactive in managing a disease** than rely only on medications to make them well. With diabetes, there are many such options to help.

If you have diabetes, you should **find an aerobic activity you enjoy**, and consult with your physician about how to incorporate it into your treatment program. (This is especially important in diabetics who are dependent on taking insulin.)

Here are three activities that are especially good for diabetics:



Walking: It's easy to do because no equipment is required other than a good pair of shoes. Thirty minutes of brisk walking three times a week is a great form of aerobic exercise.

Swimming: It takes the stress off of your joints and feet! Strive for 10 minutes of swimming three times a week, and increase your activity as you gain endurance.

Yoga: Sometimes yoga feels like paying for silence. But not only is it relaxing, it's great for flexibility, strength and balance. It also helps tone muscles, which helps lower your sugars.

If you are diabetic, it is important to consult your doctor about any new exercise programs. Check your sugar before and after exercise. Start slowly to build endurance. Most of all, listen to your body!



Sweet Feat 5K Walk

FAAWC is sponsoring the Sweet Feat 5K Walk, which will take place Saturday, Oct. 4 at Willow Brook at Delaware Run.

The event aims to help get people off on the right foot to a healthier lifestyle while raising money to benefit the American Diabetes Association.

First-time walkers and those affected by diabetes are encouraged to participate. **You can pick up a registration brochure at our office, or register online at sweetfeat.org.**



BACK TO SCHOOL

Do Your Homework on Your Feet and Ankles



Drew J. Belpedio

For kids and teenagers, the end of summer means it's time to grab the backpack and head back to school. Here are some things to keep in mind about a child's foot and ankle health as another school year rolls in:

If the shoe fits, wear it: Children's feet change in size rapidly, so always check for proper sizing. Also, check shoes for quality. Look for a stiff heel by pressing on both sides of the heel; it should not collapse. Next, check for flexibility; the shoe should bend with the toes and should not be too stiff nor bend too much.

Warts: As kids trade in sunscreen and swimsuits for pencils and paper, it's a good time to check for warts on their feet. Summertime pools are one of the most common ways kids come in contact with the contagious virus that causes warts. Warts are best treated by a physician, as many over-the-counter products have proven ineffective. Warts also are easier to get rid of when treated early.

Hut, hut, hike! Sports-related foot and ankle injuries are on the rise as more children participate in sports. This focus on fitness is outstanding, but we need to be vigilant to make sure kids are getting the best advice on how to stay injury-free and get injuries treated right. **Your FAAWC doctor can offer suggestions about conditioning before and during the season and can design custom-made orthotics, which can improve performance by optimizing foot and ankle function.**



Injured on the Job?

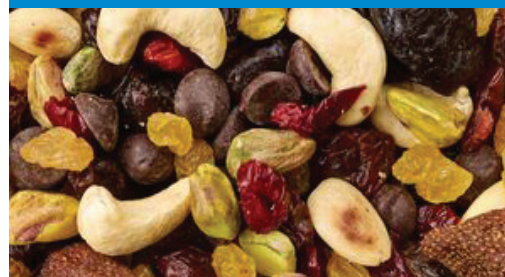
We Can Get You Back on Your Feet Faster!

FAAWC accepts workers' comp cases, and all three of our podiatrists are certified by the Ohio Bureau of Workers' Compensation.

We have onsite digital X-ray capabilities, and a visit to our office typically costs a fraction of a trip to an urgent care or ER. In addition, our immediate access hours allow us to see emergency cases from 10 a.m. to 5 p.m. Mondays and Tuesdays and any cases from 10 a.m. to 2 p.m. Fridays.



Tasty Trail Mix



275 calories per ½ cup serving, without chocolate chips

Makes 16 servings

INGREDIENTS:

- | | |
|-----------------------------------|--|
| • 1½ cups rolled oats | • ½ cup honey |
| • 2 tablespoons flax seeds | • ½ cup cashews |
| • ¼ cup sesame seeds | • ½ cup walnut halves |
| • ¼ cup walnuts | • ½ cup pistachios |
| • ¼ cup pecans | • ½ cup almonds |
| • ¼ cup blanched slivered almonds | • ½ cup dried cherries |
| • ½ cup raisins | • ½ cup dried strawberries |
| • ½ cup dried cranberries | • ½ cup golden raisins |
| • 2 tablespoons vegetable oil | • ½ cup bittersweet chocolate chips (optional) |
| • 1 teaspoon vanilla extract | |

DIRECTIONS:

Preheat the oven to 375 degrees. In a large bowl, combine the oats, flax seeds, sesame seeds, walnuts, pecans, slivered almonds, raisins and cranberries. In a small bowl, mix the vegetable oil, vanilla and honey and pour over the mixture in the large bowl. Toss to evenly coat.

Spread the mixture in an even layer on a lightly oiled baking sheet. Bake for 20 to 30 minutes, to an even golden brown, stirring once or twice. Remove from the oven and place the baking sheet on a wire rack. Allow to cool completely. Break into chunks and set aside.

Place a dry sauté pan over medium-high heat. Add the cashews, walnut halves, pistachios and almonds. Toss or stir them constantly until they are lightly toasted and aromatic. Remove from the heat and allow them to cool completely.

In a large bowl, combine the toasted nuts, dried cherries, dried strawberries, golden raisins, chocolate chips (if using) and the chunky oat mixture. Toss to combine. Use immediately or store in an airtight container.



What's Up, Docs?

Dr. Drew and his band, Exchanging Pleasantries, played at Ella Restaurant + Bar on June 21. Stay tuned for information about the group's next outing.

Dr. Marti welcomed her third daughter into the world (see back page).

Dr. Jane recently set a personal record: Carrol McIntosh, at 95 years young, became the oldest patient she has ever performed corrective surgery on. (Her previous record was 93.)

Mr. McIntosh is one of a growing number of senior patients who opt for surgery.

"I figured I could depend on (Dr. Jane's) knowledge and skill," he says. "I felt very comfortable with her. I'm glad she operated on me."

He also wasn't about to let surgery slow him down for long. At his follow-up appointment, three days after surgery, he asked, "Can I drive with this (surgical) boot on? I've got places to go."



Calendar of Events *For Where We've Been...And Where We're Going*



June 20: Council for Older Adults' Best Little Pig Roast Classic Car Show sponsor

July 2: 5-3-1 Ice Cream Social at FAWC

Aug. 1: Delaware County/City Health Fair

Sept. 12-14: Top Practices Summit in Washington, D.C.

Oct. 4: Sweet Feet 5K Walk at Willow Brook at Delaware Run (see front page)

Oct. 30: Council for Older Adults' Senior Health & Safety Day

Farewell, Shoe Lady...

It's going to be difficult to fill this lady's shoes.



Kim Brown, one of our certified shoe fitters, is taking some steps in a new direction in her career by becoming a teacher at Heritage College in Columbus.

"I've enjoyed working with the diabetic shoes and patients here," she says. "I'll miss my coworkers and patients. They've been my FAWC family for the last 18 years. It's hard to say goodbye to them."

Kim started with the practice on June 17, 1996. In the more than 6,500 days since then, she's experienced a lot of things, from traveling, to the old shoe store, to a new office location.

"All the doctors have been great," she says. "I wouldn't hesitate coming back or having a family member see them. When it's time for my bunion surgery, I'll have to flip a three-sided coin."

Thank You for Being So (Ice Cream) Social With Us



The first 15 minutes didn't look promising, as it was raining and the ice cream hadn't arrived. In the end, however, our ice cream social on July 2 turned into two hours of fun in the sun at FAWC.

The CD102.5 ice cream truck provided the event's namesake item and our popcorn machine popped nonstop as we celebrated Dr. Drew's fifth anniversary with the practice and Dr. Marti's third child.

Thank you to all of those who attended. We love being a part of your lives – in our office and out of it.



Dr. Drew, Dr. Jane and Dr. Marti were a triple scoop of fun at our ice cream social.





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1871 W. William St.
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Feel Safe and Secure in Our PediCare Salon

We don't have dirty secrets like nail salons shown in this video. In fact, FAAWC features certified Medical Nail Technicians and all sterile instruments in a medical-office setting. Come experience the difference today!

Who Wants to Win \$400?

The prize for our next patient referral drawing will be a \$400 gift card to **Polaris Fashion Place mall**.

The drawing will take place Dec. 5, just in time to help you with your Christmas shopping.

Karen Burfield won the picnic backpack and \$75 in Buehler's gift cards at our ice cream social.

Bobbie Wright earned a technological victory by winning the iPad in our "Bring 'Em in and You Could Win" contest.



Want to Join "Graebner's Gang?"

Need some training for our upcoming Sweet Feat 5K Walk?

Then "Walk with a Doc" at 8 a.m. every Saturday in September at Willow Brook at Delaware Run. Call 740.363.4373, ext. 7, for more details.

Read more about the Sweet Feat 5K Walk on the front page and at www.sweetfeat.org.



It's A(nother) Girl!



Introducing the newest member of the FAAWC family:



Hayden Leigh Anderson

Born at 3:52 p.m.
on July 10, 2014
8 pounds, 2 ounces
20.5 inches long