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In this issue: Peripheral Arterial Disease, Fungus, Foot Pain  
Kids and Flat Feet, Funky Shoe Odor



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## FIRST RESPONDERS FOR HEART DISEASE

Many are aware of the risk factors of heart disease. However, fewer are aware that the blockages that can cause heart disease affect more than coronary arteries—they can also affect other arteries throughout your body. This condition is called vascular disease. Signs and symptoms for vascular disease often first appear in your feet.

PAD is short for Peripheral Arterial Disease. PAD is caused by a blockage or narrowing of the arteries in the legs when fatty deposits called plaque buildup. This results in a reduction of blood flow to the legs and feet. This is commonly referred to as poor circulation.

PAD affects 8 to 12 million Americans, and one in every five people over the age of 70 has the disease. People with PAD have a two-to-six times' greater chance of death from a heart attack or stroke. PAD and diabetes are the leading causes of foot or leg amputations in the United States.

The symptoms of PAD include the following:

- Fatigue, tiredness, or pain in your legs, thighs, or buttocks that always happens when you walk but goes away when you rest.
- Foot or toe pain at rest that often disturbs your sleep.
- Skin wounds or ulcers on your feet or toes that are slow to heal (or that do not heal for 8 to 12 weeks)

At Next Step Foot & Ankle Clinic, we offer in-office testing to see if you have PAD. If you do have PAD, we will work with you to improve your life and foot function with this disease. Call to schedule your screening with Next Step Foot & Ankle Clinic today. Call 855.972.9512



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months!*

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fungal infections.*

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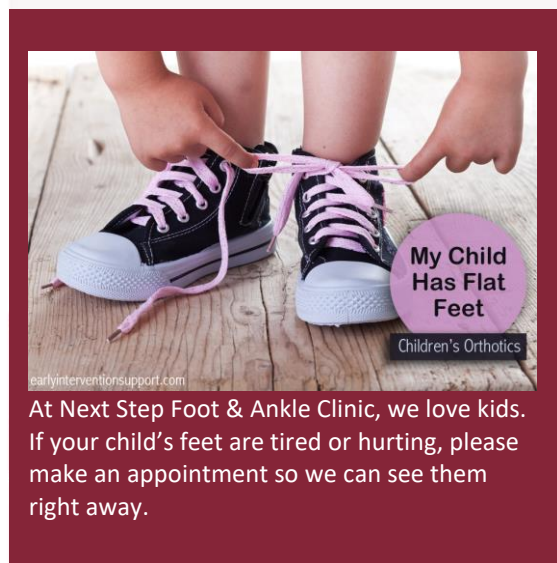
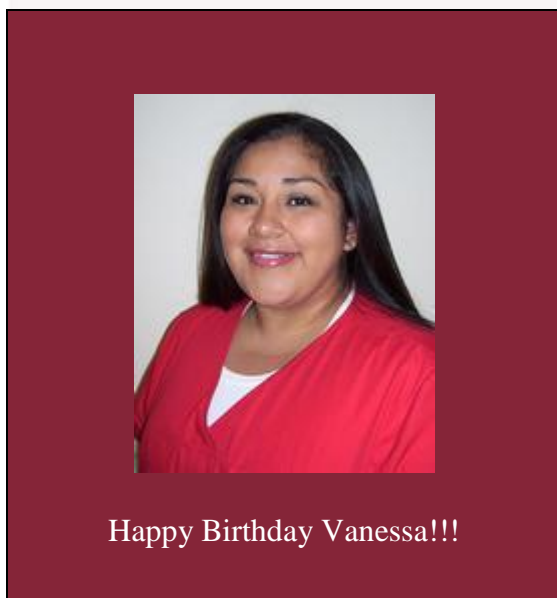
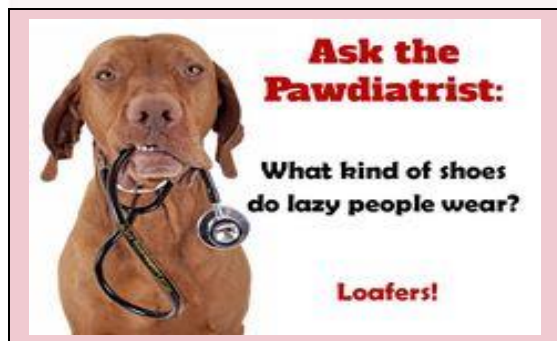


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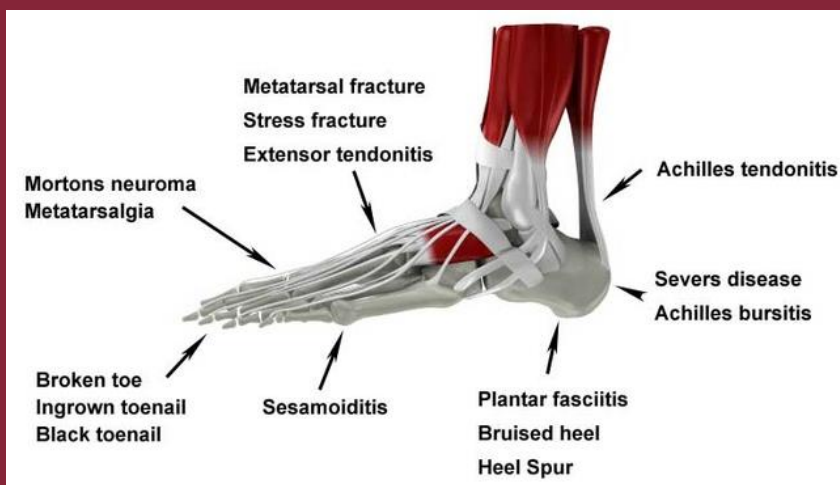
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Your Next Step For Healthy Feet: [www.NextStepFoot.com](http://www.NextStepFoot.com)



## Big or Small You Don't Have to Live with Foot Pain!



Some common advanced treatments for foot pain that we offer at Next Step Foot & Ankle Clinic are:

- Electrical Signal Therapy (NEW!)
- Shockwave Therapy
- MLS Laser Therapy
- MicroVas Therapy

You do not have to live with chronic foot pain. Make your appointment today with Next Step Foot & Ankle Clinic today!



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