



January 2017

My feet have DRY SKIN on the bottom that won't go away! Arrrggghh!

Dry skin on the bottom of the foot can be more than just dry skin. It often gets worse as the weather gets colder. The skin also gets dryer as we age because the sweat glands don't work as well. Also sometimes people that sweat too much get dry skin because the sweat can leach away the oils your skin needs to stay healthy.

The most important thing you can do if you have dry, scaly feet is find out what's causing it. We see many patients who have been treating the condition for years under the direction of a doctor (or not) and have never had a biopsy. A definitive diagnosis is only achievable by a biopsy. Without a biopsy, all treatments are just guesses. Guessing leaves the door open to unsatisfactory outcomes and frustration.

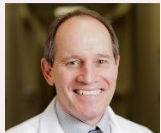
Sometimes the right diagnosis can provide a quick, permanent solution to the problem or provide a roadmap to successful long-term management of the problem. Sometimes just knowing what is wrong can be reassuring!

From Fungus to Fabulous!

Fungus on the skin and/or nails is not attractive and can be upsetting. FUNGUS IS NOT A REFLECTION OF YOUR HYGIENE. Chronic fungal infections usually occur because of immune deficiencies. It usually takes more than one approach to get rid of fungal infections. Oral and topical medication for skin and nails along with treating shoes (to get rid of the organism in the shoes) are all part of the cure. For fungal nails, aggressive nail filing and laser therapy are very potent treatments. At Next Step Foot & Ankle Clinic, we approach fungus aggressively ensuring all bases are covered at a very reasonable cost.

Treating eczema or psoriasis is more complex. Treatment for these conditions may require oral or topical medication or both, and sometimes avoidance of whatever may be contributing to the problem. The good news is that these conditions usually can be successfully managed.

So if you have dry, scaly skin on the feet and it is bothering you give us a call and let's get to the bottom of the problem and get your feet looking good again.



Darren J. Silvester, DPM

Next Step Foot & Ankle Clinic Podiatrist, Universal City Location

Dry Skin or Fungus???



Causes of Dry Skin

- Moisture Loss
- Fungal Infection
- Eczema
- Psoriasis

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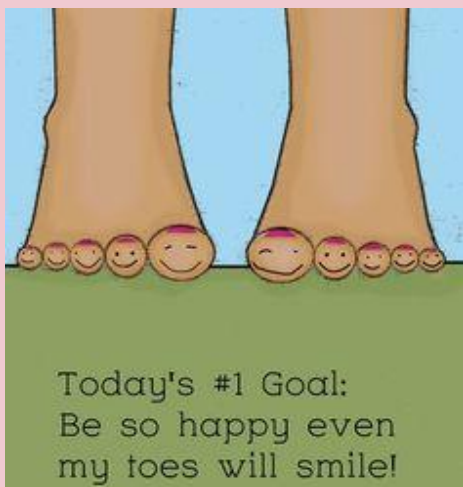
Your Next Step For Healthy Feet: www.NextStepFoot.com



Expanded Hours in Universal City!

Dr. Silvester is expanding his hours at the Universal City location and will be seeing patients in Universal City Monday through Friday, from 8:15 – 4:00 pm.

What's Your New Year's Resolution?



Don't Ignore Your Child's Foot Pain. Address Pain Early.

At Next Step Foot & Ankle Clinic, we treat painful foot conditions in infants, children, teens, and adults.



Fungal Skin & Nail Pack

- 3 Fungal Laser Treatments
- FungiFoam Skin Treatment
- Formula 3 Nail Treatment
- TheraNail Supplement
- Clarus Shoe Spray

Go from Fungus to Fabulous by Spring Break!

Toenail fungal infections are very common; they affect about 15% of the US population. Fungal infections are tough to cure and may require multiple treatments at the same time over a period of time. Most of our patients show significant improvement within 3 to 6 months. Take the 5 star approach to Fabulous Toenails today!

Your next step for healthy toenails is only a phone call away. Schedule your appointment today with Next Step Foot & Ankle Clinic.

Anodyne Shoes:

The Lightest Diabetic Shoe Ever.
Now at Next Step Foot & Ankle Clinic

Anodyne Shoes are available at both Next Step locations!



Happy New Year!

*From The Team at
Next Step Foot &
Ankle Clinics*



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