



October 2016

## *New at Next Step Foot & Ankle Clinic--* *EpiFix® Treatments for Diabetic Foot Ulcers!*



Foot problems are common in people with Diabetes as a result of poor circulation or nerve damage. Fifteen to twenty-five percent of people with Diabetes will experience a foot ulcer at some point in their lifetime. Ulcers occur most often on the ball of the foot or on the bottom of the big toe. Ulcers may appear on the sides of the foot. Wounds on healthy people move through three major phases of healing within ten to twenty days depending on the size of the wound. As a diabetic, if your ulcer has not progressed in the phases of healing **in four weeks**, you need to consider advanced treatment.

EpiFix® is a dehydrated amnion / chorion membrane allograft (skin substitute product) that contains growth factors essential for wound healing. EpiFix® when applied to an open wound will help your own cells regenerate the damaged tissue, reduce scar tissue formation, and control inflammation. EpiFix® Treatments are superior in the management of diabetic foot ulcers and is clinically proven in several multiple prospective, randomized comparative studies. The findings show that 92% of diabetic foot ulcers were healed in 6 weeks and 94.4% of diabetic foot ulcers remained healed in a long term follow up study.

If you or someone you know has a wound on their foot that is hard to heal or has made no progress in healing after four weeks, it's time to move to a more advanced treatment. Make your appointment with Next Step Foot & Ankle Clinic today to see if EpiFix® is the correct treatment option for you.



### **A Better Way to Treat Neuropathy**



DARREN J. SILVESTER, DPM

Have you requested our FREE Book  
***"A Better Way to Treat Neuropathy"?***  
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### **Recent Blog Articles**

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

## THE BEST HALLOWEEN TREATS (THAT AREN'T CANDY)

HAVE A HEALTHY HALLOWEEN. SKIP THE CANDY AND OPT FOR ONE OF THE OPTIONS BELOW. ALSO PERFECT FOR KIDS WITH FOOD ALLERGIES



### 1 GLOW STICKS

Light up the night with glow sticks. Kids love sticks that can hang from candy pails, as well as glowing bracelets and necklaces.



### 2 MINIONS

Anything minions-related is likely to be a big hit with kids this Halloween. We think the minions goggle masks are pretty great.



### 3 ERASERS

Cute, collectable, and affordable. They come in many shapes and sizes. We love the witch's hats best of all. But ghosts, bats, and ghouls are also good choices.

### 4 TEETH

Unless you start to search, you probably won't realize how many versions of creepy teeth are out there. Say cheese.



### 5 BOUNCING BALLS

Glow in the dark bouncing balls, colorful ones, or eye ball bouncing balls (gross but so perfect for Halloween).



### 6 SILLY PUTTY

It comes in a cute little egg, bounces, squishes, and snaps. Get it in variety packs that include glow in the dark versions.

### 7 ICKY CRITTERS

Icky critters for the win. You can thank us after your kid puts a plastic spider in your shoe.



### 8 MOUSTACHES

What's cuter than a ghost or a witch with a furry upper lip? Nuff said.

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## Top 3 Reasons to Treat Your Ingrown Toenail at Next Step Foot & Ankle Clinic

1. Nearly Pain-Free Numbing Injection
2. Low recurrence rate for ingrown toenails
3. Stop the Pain of Ingrown Toenails
4. Friendliest Podiatrists in South Texas

## Top Causes & Symptoms of an INGROWN TOENAIL

### CAUSES

Subungual exostosis  
(outgrowth of bone  
from the tip of the toe)

Wearing shoes that  
crowd the toenails,  
such as heels or any  
shoes that are too tight

Injuring the  
toenail

Cutting toenails  
too short or not  
straight across

Toe deformities

Having unusually  
curved toenails



Use of isotretinoin in  
the treatment of  
severe acne

### SYMPTOMS



Pain and tenderness in  
your toe along one or  
both sides of the nail



Swelling of your toe  
around the nail



Redness around your  
toenail



Infection of the tissue  
around your toenail

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