



Darren J. Silvester, DPM, PA



In this issue: Now Offering EPAT Therapy, Skin Cancer Awareness Month, Free Book, Blog Post Updates and more.

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## EPAT: Our Newest treatment for Chronic Heel Pain

### What is EPAT Therapy?

Extracorporeal pulse activation treatment (EPAT®) is an advanced and highly effective non-invasive treatment method approved by the FDA to treat chronic heel and tendon pain by stimulating blood circulation and accelerating the healing process. Damaged tissue gradually regenerates and eventually heals. Patients with heel pain (Plantar Fasciitis) or other tendon pain like Achilles tendonitis can benefit from this treatment. This proprietary technology is based on a unique set of pressure waves that stimulate the metabolism, enhance blood circulation and accelerate the healing process. This treatment does not just treat the symptoms.



### Benefits of EPAT Therapy:

- Patients are immediately fully weight bearing.
- No incision - No risk of infection at the treatment site - No scar tissue formation.
- Patients are able to return to work/normal activities immediately, resuming strenuous activities after 4 weeks.
- Non-invasive so biomechanics are not affected - future treatment options are not limited.
- Cost effective. Treatments cost less than most other options.
- The treatment often cures the problem and does not just mask symptoms.
- Fast, safe and effective and does not require anesthesia.

### What are the results of EPAT Therapy treatments?

After treatment, some patients may experience immediate pain relief, while for others it may take up to four weeks before significant relief is felt. **Over 80 percent of patients treated report to be pain free and/or have significant pain reduction.**

### Is EPAT Therapy covered by insurance?

In most cases, EPAT Therapy is **not** covered by insurance, although some patients may be able to use their employer's Flexible Spending Account (FSA) to cover this treatment. We offer a series of 3 - 6 EPAT Therapy treatments for an introductory price of \$450 that's a 40% savings off the normal price of \$750.

### Am I a Candidate for EPAT Therapy Treatments?

EPAT Therapy is for people that have chronic pain in the heel or tendons. If your pain has only been present for a month or so, other treatments usually work better. If your pain has been there for 3 months or more then EPAT may be right for you. You should not have EPAT for heel pain if you are taking blood-thinning medication, or if you have deep vein thrombosis or peripheral vascular disease.

**The simple fact is you do not have to live with heel pain. You can find relief.**

**Call to schedule your appointment today in Universal City at 210.375.3318 or Pleasanton at 830.569.3338**

#### A Better Way to Treat Neuropathy



Have you requested our FREE Book  
"A Better Way to Treat Neuropathy"?  
[Click Here](#)

#### Recent Blog Articles

[Catching Skin Cancer](#)

[Best At-Home Treatment for Toenail Fungus](#)

[Tips and Tricks for Preventing Blisters](#)

Check out our BLOG on

[www.NextStepFoot.com](http://www.NextStepFoot.com)

[www.NextStepFoot.com](http://www.NextStepFoot.com)

13525 Centerbrook, Suite 104, Universal City, TX 78148 Phone: 210.375.3318 Fax: 210.257.6931

409 N. Bryant St. Pleasanton, Texas 78064 Phone: 830.569.3338 Fax 830.569.6833

Your Next Step  
For Healthy Feet



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**May is**  
**SKIN CANCER**  
**AWARENESS MONTH**

**SPOT**  
SKIN CANCER

Skin cancer  
affects **1 in 5**  
Americans.



## Body Mole Map

Follow these instructions regularly for a thorough skin-exam:

1. Examine your skin, 2. Know your spots, 3. Record your spots so you can refer back during your next exam!

see **SPOT**  
check **SPOT**

SAVE A LIFE | American Academy of Dermatology

**2**

### The ABCDEs of Melanoma

Skin cancer can develop anywhere on the skin. Ask someone for help when checking your skin, especially in hard to see places. If you notice a mole that is different from others, or that changes, itches or bleeds (even if it is small), you should see a dermatologist.



**A** Asymmetry  
One half unlike the other half.



**B** Border  
Irregular, scalloped or poorly defined border.



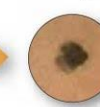
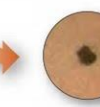
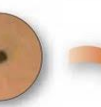
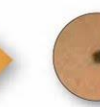
**C** Color  
Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.



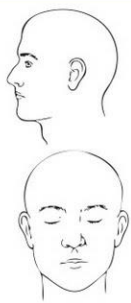
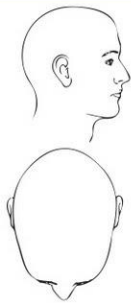
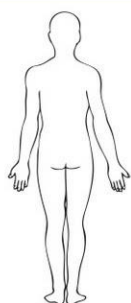
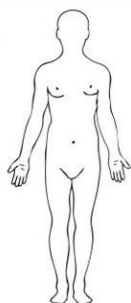
**D** Diameter  
While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.



**E** Evolving  
A mole or skin lesion that looks different from the rest or is changing in size, shape or color.



**3**



MOLE #	<b>A</b> Asymmetrical? Shape of Mole	<b>B</b> Type of Border?	<b>C</b> Color of mole	<b>D</b> Diameter/Size of Mole. Use ruler provided.	<b>E</b> How has mole changed?

**1**

### Skin Cancer Self-Examination

#### How to check your spots:

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Remember, some moles are black, red, or even blue. If you see any kind of change on one of your spots, you should have a dermatologist check it out.



**1** Examine body front and back in mirror, then right and left sides, arms raised.



**2** Bend elbows, look carefully at forearms, back of upper arms, and palms.



**3** Look at backs of legs and feet, spaces between toes, and soles.



**4** Examine back of neck and scalp with a hand mirror. Part hair and lift.



**5** Finally, check back and buttocks with a hand mirror.

**If you see any kind of skin lesion on your feet, get help immediately!**

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