



## CASE OF THE MONTH: HEALING FOOT ULCERS QUICKLY AND INEXPENSIVELY

As a Doctor - I've heard the horror stories and seen your foot wounds.

Patients come in with a foot wound they have had **for years**. They went to other doctors, they tried all sorts of treatments and spent thousands of dollars. **The simple fact is, your foot wound can be healed quickly and inexpensively.** There is one main cause for your foot wound: pressure. The pressure can be from deformities, Achilles tendon contracture (a well-documented occurrence), bad shoes or other problems. If pressure can be alleviated then the ulcers are much more likely to heal.

These photos are of a patient who came to see me with an ulcer that had been present for 3 years. The ulcer located on the bottom of her big toe joint was due to a large bunion deformity and a contracted Achilles tendon. These deformities caused too much pressure on the ball of her foot. On her first visit to Next Step Foot and Ankle Clinic, I suggested a surgery to fix the deformities. She resisted for a year. She tried hyperbaric oxygen treatments, skin grafts, and 1 year seeing a wound care center every week. It healed--then broke down and popped open 3 weeks later. Nothing worked. Finally after 4 years of having this ulcer, she underwent surgery to correct the deformities. Two weeks later the ulcer was closed and it has stayed closed.

We have done this with hundreds of patients. Further, Next Step Foot & Ankle Clinic provides ongoing care with diabetic shoes and insoles, vascular and neurologic testing and innovative treatments for Neuropathy to keep the ulcers closed. We look forward to treating you in our office. Schedule your appointment with Dr. Silvester today.

## 3 Year Old Foot Ulcer (Before)



## Foot Ulcer (After)



Schedule your  
appointment today with  
Next Step Foot  
& Ankle Clinic

Call (210) 375-3318  
For Universal City Clinic or  
(830) 569-3338 for Pleasanton Clinic

### A Better Way to Treat Neuropathy



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

### Recent Blog Articles

[Doctor Approved Sandals and Shoes](#)  
[Why Do My Wounds Heal So Poorly?](#)  
[14 Tips for Diabetic Foot Care](#)

Check out our BLOG on  
[www.NextStepFoot.com](http://www.NextStepFoot.com)

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

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409 N. Bryant St. Pleasanton, Texas 78064 Phone: (830) 569-3338 Fax (830) 569-6833

**YOUR NEXT STEP FOR HEALTHY FEET! CALL TODAY 210.375.3318**



**From Fungus to Fabulous!**  
Grand Opening Special at Universal City

## Fungal Skin and Nail Pack for \$350

This gift certificate entitles holder to Fungal Skin & Nail Pack at \$350 (a 58% discount off original price of \$600)  
Pack not covered by insurance.

### Fungal Skin and Nail Pack includes:

- 3 Fungal Nail Laser Treatments
- Fungi Foam Antifungal Treatment
- Formula 3 Antifungal Treatment
- Clarus Shoe Spray
- Nail Supplement

Offer good to the first 40 people to schedule laser treatment Between March 1 and March 31, 2016.  
Offer valid at Next Step Foot & Ankle Clinic – Universal City Location Only

**Call (210) 375-3318**

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

## Always Accepting New Patients at Next Step Foot & Ankle Clinic – Universal City



## New Location!

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

- Neuropathy
- Diabetic Foot Care
- Fungal Toenails
- Heel Pain
- Ingrown Toenails
- Ankle Pain
- Flat Feet

Most Insurances Accepted



MAY YOUR  
**FEET** TAKE YOU  
WHERE YOUR  
**HEART**  
WANTS TO GO!

### Save the Date

Universal City Clinic, Open House, April 23, 2016 from 10 am to 2pm in celebration of National Foot Health Awareness Month.