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In this issue: Healing Foot Ulcers Quickly & Inexpensively, Universal City Location Now Open, Free Book, Blog Post Updates and more.

March 2016

# 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 <u>for years</u>. 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)



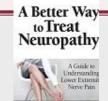
Foot Ulcer



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



Have you requested our FREE Book

"A Better Way to Treat Neuropathy"?

Click Here

#### **Recent Blog Articles**

<u>Doctor Approved Sandals and Shoes</u> <u>Why Do My Wounds Heal So Poorly?</u> 14 Tips for Diabetic Foot Care

Check out our BLOG on www.NextStepFoot.com

DARREN J. SILVESTER, DPM

### 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** 



Please Note: We encourage you to enroll in the Patient Portal so you will have access to your health information 24 hours a day / 7 days a

For enrollment, please contact us by phone at (830)569-3338 for assistance.

### PATIENT PORTAL



Upon enrollment, you will receive a temporary user ID & password. Then go to www.NextStepFoot.com and click on the Patient Portal button to log in.

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





(a 58% discount off original price of \$600)

Fungal Skin and Nail Pack for \$350

#### From Fungus to Fabulous!

Grand Opening Special at Universal City

#### Fungal Skin and Nail Pack includes:

- 3 Fungal Nail Laser Treatments
- Fungi Foam Antifungal Treatment
- Formula 3 Antifungal Treatment
- This gift certificate entitles holder to Fungal Skin & Nail Pack at \$350 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

Pack not covered by insurance.

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





#### Save the Date

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











