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In this issue: Diabetic Foot Infection, Clinic Celebrations, Art, It's Fun to be a Follower!, Free Book Offer, Blog Post Updates and more.

June 2015

## CASE OF THE MONTH: DIABETIC FOOT INFECTION

### The Problem:

On March 26, 2015, Dr. Silvester was called by the emergency room doctor at the hospital to see a diabetic patient with a severe infection in the left foot. The patient was diabetic with a blood sugar in the range of 300+ and long term smoker. His left foot had a callus that became ulcerated and in turn got infected.

### Initial Treatment:

In the hospital, later that day, the patient underwent surgery to clean the wound. Tissue was removed from bottom part of the foot and extended all the way across the foot to up underneath the toes. Then tissue was removed from the top of the foot between the fourth and fifth toes and extended down into the bottom part of the foot. The patient spent 4 total days in the hospital.

For the next month, the patient was placed on a wound VAC and collagen was used to stimulate tissue growth to help the large wound heal. During that time, the patient controlled his blood sugar for the first time in years and decreased smoking from 2 packs a day to about 2 – 3 cigarettes a day.



## Clinic Celebrations



### Long -Term Solution:

The initial callus was caused from too much pressure on the patient's forefoot and second toe. In the long run, this patient will need to have an Achilles tendon lengthening surgery and custom foot inserts to prevent re-ulceration.



Dr. Silvester's unique skill set and expertise treated the patient foot infection from start to finish and solved the cause of the ulcer to prevent it from occurring again in the future. Please don't hesitate to schedule your appointment with us today **(830) 569-3338**  
Yours in Good Health,  
The Next Step Team

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

For enrollment, please contact us by phone at (830)569-3338 for assistance. Upon enrollment, you will receive a temporary user ID & password, and a web link for accessing the portal.

**... health is just a step away...call today (830)569-3338**



**New Surgery Center and Clinic Location  
Just Ahead!**

**Next Step Foot & Ankle Clinic  
and Olympia Surgery Center  
At Universal City, Texas**

*Coming Late Fall 2015*

Other Locations: Pleasanton & Floresville

## New Face on Staff



### **Candy, Medical Assistant**

Candy grew up in California, would love to visit Greece and wishes that '70's pop culture would go away!

## Cast Training Day!



## S-U-M-M-E-R-T-I-M-E Vionic Sandals



Move in comfort on  
those endless  
summer nights.

**Try A Pair On Today!**

## New Face on Staff



### **Stephanie, Marketing Director**

I love traveling and a good joke. I have two little girls that smile at cheesy knock knock jokes. E-mail me your best joke.



## Have you read our book, "Why Do My Feet Hurt and What Can I do About It?"

Request your FREE COPY at  
[www.silvesterfootclinic.com](http://www.silvesterfootclinic.com) today!



## **It's Fun to be a Follower!**

Follow us on Facebook, Twitter, Linked-In, Pinterest, Google + and YouTube. Access them from our website [www.SilvesterFootClinic.com](http://www.SilvesterFootClinic.com), or log on to each one and search for Next Step Foot & Ankle Clinic.

## **Floresville Clinic Hours Available By Appointment Only**

Located by Connally Memorial Hospital

Call Today to Book an Appt. (830) 569-3338

## **Recent Blog Articles**

Tips to Improve Your Balance  
Don't Take Sprain Recovery for Granted  
Walking Shoes

Checking for Neuropathy Pain at Home  
Steps to Care for a Sprained Ankle

**Check out our BLOG on**

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