

In this issue: Diabetic Neuropathy: Family Reunion Saved!, Clinic Happenings: Floresville Appointments Available!, VALENTINE'S FOOT CONTEST!, Foot Funnies, It's Fun to be a Follower!, Free Book Offer, Blog Post Updates and MORE.



CASE OF THE MONTH:



Family Reunion Saved!

This is a story about a reunion that was saved! A sweet lady of 81 years came to see me and she mentioned that she was planning a trip to Arizona to visit her brother who was ill. She was very nervous about the trip because of some troubling symptoms: she was unable to walk even short distances comfortably, and sometimes she was unable to stand in line at the grocery store. She had a history of falls, loss of balance, and pain in her feet and on the front of her leg. She stated that she would walk around her house and her legs would just "faint". This kind lady had been given pain pills by her family doctor, but these would only help for a short time. The medications had done nothing to reverse the process. **This patient was suffering from diabetic neuropathy.** After an examination the patient was given treatment options. She decided to follow all of our neuropathy protocols at the same time. The patient underwent nutritional therapy, local anesthetic blocks on a repeated basis, and electrical nerve signal therapy. After 13 treatment sessions spaced over a period of about 6 weeks, the patient's pain and dysfunction were reversed and her legs returned to normal. She was able to go on her trip to Arizona and walked all day without any problems. On her final visit with us, she stated that she was grateful to have her life back!

Because you asked...

I thought I had to live with this condition. What is different about the way you treat neuropathy?

By using certain treatment methods, we attempt to actually heal nerves rather than simply masking the pain.

You mention neuropathy protocols. What are they?

We offer a four-pronged approach to treating neuropathy before considering surgical intervention:

1. Nutritional therapy includes taking supplements that have been shown to improve nerve health.
2. Local anesthetic blocks are given two times a week.
3. Electrical nerve signal therapy is given three times a week.
4. Laser therapy can be added to further improve results.

What can I expect if I choose the anesthetic blocks and electrical signal therapy?

The most effective protocol calls for three visits per week for a total of 13 visits. Injections are given twice a week, and signal therapy on each visit. You will typically get 3 injections in each leg. Adhesive pads will be applied to your legs over your nerves, then two 20-minute cycles of Electrical Signal Therapy will be applied. The signals will vary in intensity, ranging from no awareness of signal pulses to uncomfortable, but not painful levels.

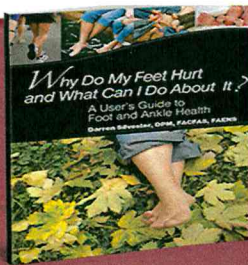
Does my insurance cover this treatment? All insurance plans are different, but most do cover the signal therapy and up to three sets of injections. Nutritional supplements and laser therapy are not covered by insurance.

What if I still have pain and numbness after this course of therapy?

Sometimes nerve symptoms are caused by compression. If your nerves are being squeezed then therapy alone is usually not enough to get the nerves to heal, or pain and numbness returns. Nerves damaged by compression can't get the blood and nutrients they need to heal. At that point, surgery may be considered.

For more information on how we can help with your neuropathy problem, see our website www.silvesterfootclinic.com.

Next Step Foot & Ankle CLINIC



What's new on our website?

- 38 videos
- Interactive Foot
- Make a payment
- 36 Blog Posts

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 Today!



Fun Foot Fact:

The healthy foot is a highly sensitive part of the body. The soles of your feet contain more sweat glands and sensory nerve endings per centimeter than any other part of the body.

It's Fun to be a Follower!

Follow us on Facebook, Twitter, Linked-In, Pinterest and YouTube. Access them from our website www.silvesterfootclinic.com, or log on to each one and search for Next Step Foot & Ankle Clinic. What a fun resource for foot health tips, foot funnies, nail art, healthy recipes, motivation and much, much more
Happy Following!

Check out our Latest Blog Posts at www.silvesterfootclinic.com:

- Second Toe Pain
- Home Care for PAD
- Home Care for Bunion Pain
- A New Year to Start Running
- At-Home Spa Tips

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Clinic Happenings



2015 started with a birthday for Mandy,



followed by Laura's 5 Year Employment Anniversary,



and Radiology Tech Certification by Mandy!

Valentine's Foot Contest



Here's your chance to show off those cute footsies! Enter our drawing for a gift card to Lew's Patio & Grill! To enter the drawing, dress up your feet, toenails, casts, bandages, and socks with a little Valentine's Day love, take a picture of it, and share it on our Facebook page. Deadline to post a picture is February 12th at 5 pm. We will share the winning photo on Friday, February 13th at noon. Original photos only, please!

FLORESVILLE CLINIC HOURS AVAILABLE!

Call 830-569-3338 and specify which office you prefer.

Check out our website on your cell phone—we are now optimized for mobile devices!