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In this issue: Foot Deformity 3 years Post-Op, Heel Pain, Clinic Happenings, Foot Funnies, Care and Share, Free Book Offer, Blog Post Updates and more.

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## CASE OF THE MONTH

I had a wonderful opportunity a few weeks ago to see a patient whom I treated a long time ago with a very severe deformity. This patient was nearly crippled because of her severe deformities, which made it almost impossible for her to wear shoes. She also had dislocation of the second and third metatarsal phalangeal joints with pressure underneath those areas as well. The patient underwent reconstructive surgery which consisted of removal of the metatarsal heads, fusion of the first metatarsal phalangeal joint, and hammertoe correction. This patient was older and had some degree of decreased bone density. Therefore, traditional fixation could not be used. Pins were used as an alternative. I saw the patient 3 years after initial surgery for another complaint. I was very interested to see if the correction provided still was being maintained. I was pleased to learn that the patient was very happy with the clinical appearance of her foot and also the much improved symptoms. She was walking without a limp and wearing normal shoes. She expressed regret that she had not fixed her feet years earlier. Also you can see on the x-rays, the patient still has some pins in the foot but they are not bothering her. The toes are all straight and fit nicely in her shoes. She is extremely happy with long-term results. If you or anyone you know suffers from foot or ankle problems call my office at (830)-569-3338 or visit our website to schedule an appointment.

BEFORE



AFTER



**25  
YEARS  
in the**



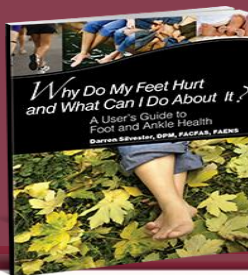
Dr. Silvester just received his 25-year continuous membership certificate from the American Podiatric Medical Association.



## HEEL PAIN?

Heel pain is one of the most common conditions that we treat here at the Next Step Foot & Ankle Clinic. It affects many people from different walks of life. Some patients come to see me after they've had heel pain for several years, others after only a short period of time. What makes them come to a doctor for heel pain is usually some incident that has increased their pain or causes them to not be able to have the quality of life they want to pursue. Heel pain can be miserable. Heel pain can stop people from exercising, going for walks with grandchildren, playing with their families or simply enjoying the summer at the park or beach. The good news is we can treat most heel pain with little to no fuss. Look at our website for more information on the treatments available, and if you suffer from heel pain come by our office, call, or visit our website to schedule your appointment [www.silvesterfootclinic.com](http://www.silvesterfootclinic.com).

Yours in Good Health,  
Dr. Silvester



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!



**Funny Foot Fact:** Did you know the first shoes invented were 5,000,000 years ago during the ice age and were made of animal skins?

### Care to Share Card

Introducing the “Care to Share” Refer a Friend program. To show our appreciation, we are offering current patients who refer someone to our office a gift card to Yogurt Zone. Once your referred friend completes their first visit with us, you will receive the gift card. Gift card can be picked up here at our office or we can mail it to you. 😊



**Check out our Latest Blog Posts at**  
[www.silvesterfootclinic.com](http://www.silvesterfootclinic.com) :

- Preventing Foot Deformities
- Foot Massage
- Top 5 Tips for Home Pedicures
- How to Prevent Dry, Cracked Skin
- No Wonder Your Diabetic Foot Ulcers Don't Heal

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## Clinic Happenings



Crystal, one of our MA's, just passed her Podiatric Medical Radiology Technician exam. This means she will be one of the MA's taking x-rays.



Vanessa, another MA, recently celebrated her 9<sup>th</sup> year employment anniversary here at Next Step Foot & Ankle Clinic. Thanks for all your hard work and dedication. Here's to another 9 years!!

### Staff Recipe Corner: 7-Layer Dip

Laura, Front Office Assistant, is a wife and mom. When she needs a quick and easy appetizer, she makes this fun dip.

You will need: 2 cans refried beans, 1 small package of ground meat/turkey, 2 ½ cups of guacamole, 2 ½ cups of sour cream, 2 ½ cups of shredded cheese, 1 pack of Taco Seasoning, lettuce, tomatoes, black olives.

Cook meat until done, drain grease. Add the package of seasoning. In a casserole dish layer refried beans, then the meat on top, followed by the guacamole, sour cream, shredded cheese, lettuce, tomatoes, and olives. Keep refrigerated, serve with chips and enjoy!