

Next Step Footnotes

November 2021

Next Step Foot & Ankle Clinic's Monthly Patient Newsletter



What You'll Find Inside:

• WE'RE ON A MISSION

we're determined to be an invaluable resource for proper foot & ankle care

• DR. SARA E. GRZYWA

join us in welcoming our newest physician who will start on december 1st

• DIABETIC FOOT ULCERS

how we treat the cause of the foot ulcer and eliminate recurrence

• THE NEXT STEP DIFFERENCE

an invaluable training for our staff leads to a new, uplifting company culture

connect with us on



Where will your feet take you?





WE'RE ON A MISSION

TEACHING MENTALITY

We aim to teach our patients about their conditions and how proper foot and ankle care can benefit them and their family. We strive to make the billing and payment process as clear as possible to our patients, ensuring that they understand the value of quality health care. We educate the public on foot health and what a Doctor of Podiatric Medicine (DPM) is trained to do, through our website, email, newsletters, and in-office educational material.

H - Happy Environment

E - Excellence in Foot & Ankle Care

A - Appreciation

R - Restoration of Foot & Ankle Function

T - Teaching Mentality

WELCOME DR. GRZYWA

Our Newest Physician

Dr. Sara E. Grzywa, DPM will be joining our practice starting on December 1, 2021. She was born and raised in Texas and is local to the Schertz area. Dr. Grzywa graduated summa cum laude from the University of Texas at San Antonio with a Bachelor of Science in biology. She attended medical school at Des Moines University in Iowa, where she graduated second in her class.

Dr. Grzywa completed her surgical residency at Detroit Medical Center in Michigan, a level one trauma hospital. Her training included all forms of lower extremity pathology, specializing in trauma and reconstructive surgery. Following her residency, she completed one of the most coveted surgical fellowships in the country at the American Foundation of Lower Extremity Surgery and Research in southern New Mexico. There, she received advanced training in complex reconstructive foot, ankle, and leg surgery.

She treats all foot and ankle ailments, including bunions, hammertoes, sports injuries, heel pain, sprains, fractures, trauma, and deformities, and can perform total ankle replacements and complex forefoot/rearfoot reconstructive surgery. Dr. Grzywa develops a tailored treatment plan for each patient based on their specific individual needs utilizing the latest technology and procedures. She makes it a priority to educate her patients on their ailments and thoroughly covers all treatment options.

Dr. Grzywa is an energetic, personable, and experienced physician who is committed to providing outstanding medical care. She continues to actively participate in research, surgical workshops, and conferences in order to provide the best care possible for her patients. ■



**Sara E.
Grzywa**

DPM, AACFAS

DIABETIC FOOT ULCERS

Condition Focus

November is National Diabetes Month and one of the many conditions diabetics suffer from are foot ulcers. Why should someone choose Next Step Foot and Ankle Clinic to treat their foot ulcer? It's because our podiatrists thoroughly address the cause of the wound.

When treating these, the majority of healthcare professionals focus on the actual ulcer--or the wound itself. However, treating the wound alone is simply addressing a problem with the skin. If you think about it, you have skin all over your foot. What's the difference between the skin where there is no ulcer versus the skin where there is an ulcer? The answer is, "Nothing". It is not that the skin is weaker where the ulcer is. It is just that the pressure or forces in the specific location of the ulcer are stronger. Clearly, the wound needs to be treated but failure to address the pressure or force that caused the ulcer in the first place, is shortsighted and doomed to fail.

Most people are under the impression that diabetic foot wounds are all caused by lack of circulation. The truth is that this is usually not the case. According to medical literature, only about 30% of diabetic foot wounds are caused by poor circulation. The remaining 70% are caused by the combination of numbness and deformity, or muscle imbalance that causes excessive shear or pressure forces. The numbness makes it impossible for the patient to feel the foot as it is being injured. That's where we come in. We are experts in getting rid of the shear forces or pressure problems so that the ulcer can heal. For those people who do have circulation problems, we can accurately make that diagnosis with our in-office vascular testing and get you the help you need for improved circulation. If you or a loved one are suffering from a foot ulcer, give us a call to schedule an appointment. We'd be more than happy to help you improve the quality of your life.■



**Darren
Silvester**

DPM, FACFAS, FABFAS, FAENS



SCAN ME

*What to know about
diabetic foot health!*



THE NEXT STEP DIFFERENCE

WHAT MAKES OUR CLINIC DIFFERENT



Last month, our staff was able to travel to Atlanta, GA for a two-day training conference.

The experience was fantastic as we grew closer together as a staff and learned valuable techniques to improve our company culture.



We're looking forward to not just creating an uplifting environment for our staff but for our patients as well. We're deeply thankful for the wonderful patients we have and the contribution they make to our clinic's positive culture.



don't forget
we have
2
locations

UNIVERSAL CITY / SAN ANTONIO, TX
PLEASANTON, TX



**SCHEDULE AN
APPOINTMENT
WITH US TODAY!**
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