

# April Newsletter



## April is National Foot Health Awareness Month!

April is a great time to get your feet checked out by your local podiatrist! Good thing we have 12 near by clinics! Our feet serve as the foundation for our entire body. There are 26 bones in the feet and not seeking medical attention can physically affect your hips, knees, and back. On average, at least 20% of the US population have at least one foot issue a year. Avoiding feet and ankle problems and lead to serve consequences, that is why seeing your local podiatrist is important to for health.

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## 5 Easy Tips To Keep Your Feet Healthy!

"Are you having a bad day?"

"Yeah! I started it out on the wrong foot!"



**Wear appropriate shoes** - be sure to buy the correct size of shoes to avoid tearing of the skin or blisters.

**Exercise** - workout often because not only is it good for your feet, but your entire body. Simple exercises can be walking outside or running!

**Cut your Toenails** - Trim your toenails in a timely fashion. Make sure to cut them straight across to avoid ingrown toenails.

**Check your feet daily** - check the appearance of the feet to make sure there is no swelling or discoloration.

**Wash your feet** - applying soap and water daily will help prevent bacteria and fungus to grow.



## Podiatrist Spotlight!

# Dr. Lindsay Barth

Dr. Barth is originally from Alton, IL. He has been practicing podiatry since 1997. He received his Podiatric degree from Des Moines College of Podiatric Medicine and Surgery. He completed his residency from Deaconess Hospital in St. Louis, MO

Dr. Barth is the founder of NextStep Foot & Ankle Centers. He performed the 1st Wright INBONE total ankle replacement surgery in September of 2007. He is one of the only physicians to offer total ankle replacement services in the St. Louis metro area.

Dr. Barth is an accomplished musician and is a frequent attendee of the St. Louis Symphony. In his spare time, you can find Dr. Barth renovating his 19th century historic home in St. Louis, boating, bicycling, hiking, and gardening.



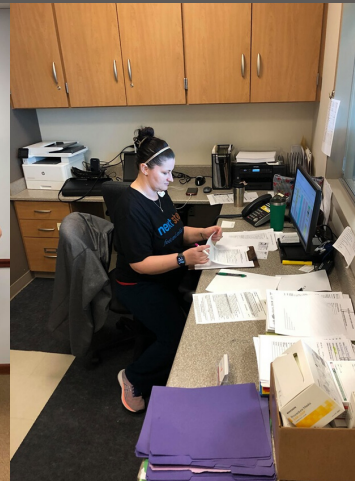
# COVID-19

We want to assure you that we take the health and well-being of our community, patients, and colleagues very seriously. We are monitoring the rapid growth of the Coronavirus disease (COVID-19) daily and we understand the worry patients have going to the Emergency Room for quick medical attention due to the pandemic. With that being said, we are now accepting emergency appointments for foot, ankle, and toe sprains or fractures! We are still open and accepting new patients throughout all our clinics. We appreciate your time and patience with us. We are working hard to keep our 12 clinics running and sanitized. We will keep you updated with further changes associated with COVID-19. We are here to serve you as best as we can during this difficult time. Please give us a call with any questions or concerns!

**We are all in this together!**

# Special shout out to our amazing Medical Assistants!

Our MA's are the core of NextStep Foot & Ankle Centers. They are the first people you talk to on the phone, the first person you see when you walk into the clinic, the middle man between you and your doctor, and lastly, they are the ones waving you goodbye as you walk out the door! We would not be here today without their commitment to the clinics! They are on the front-line of the COVID-19 pandemic and we want to give them a special thanks for their dedication and hardwork!



take the  
**nextstep**  
to healthier  
feet!

## Fun Foot Fact!

Each foot has 26 bones . Both feet contain nearly one quarter of all the bones (206) of the body.



# April Birthdays

5th - Jennifer Abke (MA)

5th - Bill Jenkins (COO)

14th - Cindy Garamella (MA)

19th - Sarah Mushill (Call Center)

25th - Lisa Force (Administration Manager)

30th - Tina Lipski (Clinical Manager)



*whats new?*

In the last month, there has been a few changes in our podiatrist schedules! We recently closed our Dougherty Ferry Road Clinic that was open on Wednesdays & Fridays. No need to panic! Dr. Colgan and Dr. Hawthorne are still with us! They have moved their days to different clinics due to higher volumes of patients. Dr. Hawthorne and Dr. Colgan are both practicing in our St. Peters, Bridgeton, and South County clinics! Secondly, Dr. Basso will be out on paternity leave for a few weeks effecting his Alton, IL and Festus, MO clinics! Congratulations to him and his wife to a healthy baby girl! Dr. Daniel Thouvenot recently joined HSHS St. Elizabeth's Wound Care Clinic on Friday mornings treating patients with chronic or non-healing wounds! He will begin practicing in the clinic after the COVID-19 pandemic rates decrease in the O'Fallon, IL area. With that big change, Dr. Daniel Thouvenot is no longer practicing in Bridgeton, MO or Pinckneyville, IL! Dr. Mia Thouvenot has now taken over Dr. Daniel Thouvenots Fridays in our Pinckniville clinic! We greatly appreciate everyone's patience with our changes and we are here if you have further questions!

*Heel Pain?*

*Bunions?*

*Plantar Fasciitis?*

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