

May Newsletter



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**Remember, Podiatrist  
are always **ONE  
STEP;) ahead!****



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for updates!**

## COVID-19 UPDATE

**April showers bring May flowers!** Things are looking up due to the COVID-19 pandemic. Beginning May, the States of Missouri and Illinois slowly began lifting regulations caused by COVID-19. However, NextStep clinics have remained open throughout. Surgical procedures, however, have been out on hold for safety concerns.

We are continuing to ease the strain on hospitals and emergency rooms with **Same-Day Appointments for your urgent foot and ankle needs.** Our podiatrist will treat your injury with utmost quality care!

All our clinics continue to stay open. However, due to change if needed. 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!**



20% of COVID-19 cases have been reported to have skin manifestations. However, they are not specific for COVID-19, they are findings that were found overtime. Skin lesions can occur due to respiratory changes to the body. The toes will turn a redish/purplish color which could evolve into blisters. Similar to frostbite.

#covid19 #podiatry

## Podiatrist Spotlight!

# Jacob Lamb, DPM



Dr. Jacob Lamb has been practicing podiatric medicine since 2006. He is the Medical Director of Next Step Foot and Ankle. Dr. Lamb received his podiatric medical degree at Des Moines University College of Podiatric Medicine and Surgery in Des Moines, Iowa. Dr. Lamb completed his three year surgical residency at Forest Park Hospital in St. Louis, Missouri.

Dr. Lamb went into podiatry for the work and home life balance. He always had an interest in the medical field. He enjoys the clinical side and really enjoys the surgical side of the podiatry aspect, therefore, he gets the best of both worlds!

Dr. Lamb is originally from Chealsea, Iowa and now resides in Creve Couer, Missouri. Dr. Lamb is an avid sports fan that enjoys participating in and watching sports. His favorite teams include; the Chicago Cubs, Minnesota Vikings, and Iowa Hawkeyes! He also enjoys spending time with his family, friends, two nephews and two dogs, Tank and Chopper. In his spare time he enjoys boxing and working on his house. His favorite vacation was in Kauai, Hawaii.



## May Birthdays

10th - Dr. Gerlach (Podiatrist)  
19th - Anita Cottingham (MA)  
29th - Dr. Barth (Podiatrist)

 **HAPPY  
BIRTHDAY**



# Protect your **FEET** from the summer **HEAT!**

It's finally May and it's finally time for the temperature to heat up! However, some fun in the sun could cause issues to your foot health if you don't take precautions. Here are several ways to keep your feet healthy from the hot summer sun!

- Limit walking barefoot. Walking barefoot can cause sunburn, athlete's foot, and warts.
- Wear flip flops around the pool, locker rooms, etc, to protect against bacterial infections.
- When applying sunscreen on your body, don't forget your feet and ankles!
- Drink plenty of water to hydrate your body and avoid swelling in the feet.
- Keep blood flowing to the lower extremities with periodic ankle flexes, toe wiggles, and calf stretches.
- If you injury your foot or ankle while on vacation, be sure to contact a Podiatrist to keep you on your feet!

**take the**  
**nextste**  
**to healthier**  
**feet!**





## fun foot fact:

The average person walks 110,000 miles in their lifetime.



## whats new at *NextStep*? ←

There is not too much new this month! We are adjusting daily to the COVID-19 regulations and providing the best foot and ankle care. Our medical staff are required to wear masks while in the clinic at all times. The 10 Podiatrist continue to keep their patient schedules the same, however, appointments are due to change at anytime.

In the State of Missouri, surgical procedures are slowly but surely going back to normal. Illinois will continue its suspension on non-urgent surgical procedures until further notice. Thank you for being patient with us!

Dr. Gerlach is no longer practicing in our Festus, MO clinic on Tuesday. However, he is still providing care in his Watson Road clinic on Wednesdays and Thursdays!

For questions or concerns, please visit our website or call us at (314) 909-1920!



Illinois - (618) 236-7444  
Missouri - (314) 909-1920  
[NEXTSTEPFOOTDOCS.COM](http://NEXTSTEPFOOTDOCS.COM)

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