

## Table of Contents

- Bunions
- Lapiplasty® Surgery
- September Birthdays
- Podiatrist Spotlight
- Foot Fact
- Foot Funny
- Whats new?



## Let's talk about **BUNIONS!**

Bunions are one of the most common foot disorders treated by Ankle & Foot Surgeons of the Midwest. In fact, bunions are one of the most common disorders treated by most podiatrists across the country. More than half the women in America have bunions, a common deformity often blamed on wearing tight, narrow shoes. Bunions cause the base of your big toe (Metatarsophalangeal Joint) to enlarge and protrude. The skin over it may be red and tender. This can be acquired through time or it can be congenital (you got it from your family).

Wearing any type of shoe may be painful when you have a bunion. The joint involved flexes with every step you take. The bigger your bunion gets, the more it hurts to walk. Bursitis (inflammation) may also set in. Your big toe may angle towards your second toe, or even move all the way under or over it. The skin on the bottom of your foot may also become thicker and painful. Learn about a new non-surgical treatment option for Heel Pain Relief using Clarix FloPressure from your big toe may force your second toe out of alignment, sometimes causing it to overlap your third toe. If your bunion gets too severe, it may cause difficulty in walking. Your pain may become chronic and you may develop arthritis.

Most bunions can be treated conservatively with wider & softer shoes, pads to relieve the pressure and/or medications. If this does not help then surgical treatment is indicated.

## **LAPIPLASTY® 3D BUNION CORRECTION**

↓ Learn more below ↓



Relief is here. Now, there's a new, patented treatment for bunion correction – Lapiplasty® 3D Bunion Correction. Next Step Foot and Ankle Centers are offering this exciting, new treatment option which does more than simply remove “the bump”; it addresses your bunion in three dimensions to correct the root of the problem. Advanced fixation technology is used to secure the correction in place, allowing patients to walk within days of surgery

## Recovery Comparisons:

### Traditional Surgery:

- Casting, crutches, scooter
- Non-weight bearing
  - 6 weeks completely off the foot
  - at 6 -8 weeks in a boot
  - takes 12-16 weeks to wear tennis shoes

### Lapiplasty 3D Surgery:

- No casting
- Weight-bearing within days!
  - 6 weeks in a surgical boot.
  - In 6-8 weeks, back in tennis shoes!

**Our podiatrist at NextStep Foot & Ankle Centers can preform the Lapiplasty 3D Correction surgery! Ask one of our 10 podiatrist today to see if this surgery is an option for you! Learn more about the Lapiplasty 3D Corrrrection procedure at <https://nextstepfootdocs.com/podiatry-services/lapiplasty-3d-bunion-correction/>**

*September Birthdays!*

**18th - Dr. Mia Thouvenot  
28th - Dr. Douglas Basso**

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<https://www.facebook.com/nextstepfootdocs>



# Podiatrist Spotlight!

## Dr. Anna DeSaix

Dr. Anna DeSaix received her podiatric medical degree at Chicago Medical School Scholl College of Podiatric Medicine. Her residency was completed at DePaul Medical Center in St. Louis, Missouri. As a board certified foot and ankle surgeon, Dr. DeSaix is experienced in all areas of podiatric care. She specializes in foot reconstructive surgery, sports medicine, wound care, and diabetic limb salvage.

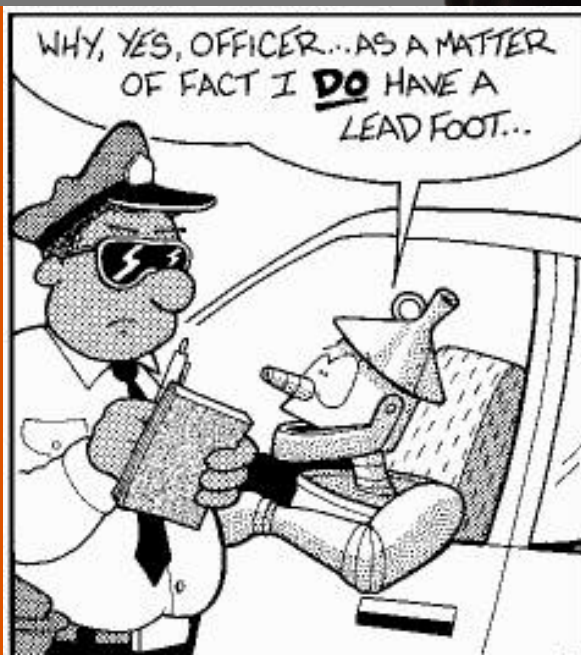
Dr. DeSaix has been practicing medicine since 2005. She is actively involved with St. Anthony's Medical Center/Mercy South where she serves on several committees. Dr. DeSaix is also licensed in North Carolina. She is from Chapel Hill, NC where she obtained her undergrad degree at the University of North Carolina- Chapel Hill.

Outside of work, Dr. DeSaix enjoys exercising, spending time with friends and visiting her parents in North Carolina!



## Fun Foot Fact!

**Walking is the best exercise** for your feet. It also contributes to your general health by improving circulation, contributing to weight control, and promoting all-around well being!



foot  
funny!



# whats new?

Dr. Daniel and Dr. Mia Thouvenot welcomed thier 3rd child on Wednesday, August 19th. His name is Camden Reed Thouvenot.



Dr. Daniel Thouvenot is offically a new doctor in the Wound Care Center at HSHS St. Elizabeth's Hospital in O'Fallon, IL



We are now offering State-of-the-Art Lower Extremity Imaging at our South County Location!



Take the  
**nextstep**  
to healthier feet!

[nextstepfootdocs.com](http://nextstepfootdocs.com)