

November Newsletter



# Happy Thanksgiving!

We want to personally thank you for being a patient at NextStep Foot & Ankle Centers. As you probably know, our number one goal here is to provide the absolute best foot and ankle care possible in a comfortable setting at affordable fees. Please reach out if we can be of an assistance in the future! We hope you and your friends and family have a great Thanksgiving! We are very thankful for you!

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[WWW.NEXTSTEPFOOTDOCS.COM](http://WWW.NEXTSTEPFOOTDOCS.COM)



Originally from Collinsville, IL, Dr. Douglas Basso is excited to treat patients near his home. Dr. Basso attended Midwestern University in Glendale, Arizona for his Podiatric Medical Education. Upon completion, his professional podiatric training was done at Norwegian American Hospital in Chicago, IL. He received extensive training in rearfoot and forefoot surgery, wound clinic, and inpatient care during this time.

Dr. Basso is a member of The American Podiatric Medical Association, The Illinois Podiatric Medical Association, The American College of Foot & Ankle Orthopedics and Medicine, and The American Academy of Podiatric Practice Management.

Throughout 2011-2013 Dr. Basso proudly dedicated his time to community services, providing palliative care for the homeless and veterans. When Dr. Basso is not caring for his patients, he enjoys spending time with his family.

**Medical School:** Midwestern University College of Podiatric Medicine, Glendale, AZ 2015

**Residency:** Norwegian American Hospital, Chicago, IL 2018

**Board Certified:** American Board of Podiatric Medicine since 2019

## *Podiatrist Spotlight!*

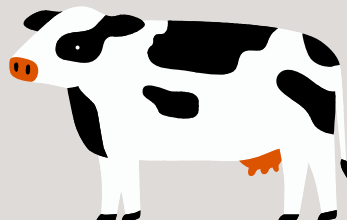
### **Dr. Douglas Basso**



## FOOT FUNNY!

**Why do cows have hooves instead of feet?**

**Because they lac-TOES!**



## Fun Foot Fact!

Toes can sometimes surgically replace lost thumbs.

You heard that right!

While it might sound bizarre, the surgery is fairly common and quite successful!

# EMPLOYEE NOVEMBER BIRTHDAYS



1st - Dr. Daniel Thouvenot (Podiatrist)  
5th - Val McClintock (Administrative Assistant)  
6th - Alyssa Walker (Medical Assistant)  
14th - Angie Brockschmidt (Billing Specialist)  
14th - Dr. Krista Nelson (Podiatrist)  
29th - Chelsea Swarringin (Medical Assistant)  
30th - Lionelliscia Fairlee (Call Center)

## Winter Orthotic Sale!

Starting on November 15th, we will be offering a winter orthotics self-pay special until December 31st.  
These regularly cost \$350 each!

one pair for \$250 OR two pairs for \$400

### November is...

Educate yourself today on the types and risks each can cause. Take control by learning early on what can help prevent diabetes!

<https://www.diabetes.org/>

### National American Diabetes Month



## **What is a podiatrist?**

## **Why is foot health so important?**

## **What does it have to do with my life expectancy?**

Your feet do a lot of work. By the time you hit 50, you have walked an estimate of 75,000 miles on them. Feet are very complex structures that contain 26 bones, 33 joints, and over 100 muscles in each foot. Each bone, muscle, and ligament must work efficiently to keep you perfectly mobilized. Podiatry is the medical field that pertains to the foot and ankle. A podiatrist is a Doctor of Podiatric Medicine (DPM). Podiatrists complete a four-year medical school education and complete a three-year hospital residency training to complete their doctoral degree. To clarify, they do not attend a traditional medical school, there are professional specialist schools for them. Podiatrists can specialize in several fields including, diabetic care, pediatrics, sports medicine, surgery, and wound care.

## **What is the overall medical purpose of a podiatrist?**

Podiatry covers numerous medical conditions from birth until death. Some of these include, Achilles tendon injuries, arthritis treatment, bunions, calluses & corns, clubfoot, diabetic foot care, hammertoe, ingrown toenail, heel pain & plantar fasciitis, orthotics, bracing, diabetic shoes, pediatric foot care, athletic injuries, toenail fungus, and wound care.

## **What do any of these medical conditions have to do with morbidity?**

Everything. The focus and goal of any foot or ankle condition is to keep the patient ambulatory. Being able to walk and stand prevents various cardiac, digestive, immune, muscular, renal, and other disorders and diseases from occurring. Physical activity has several benefits including overall health, weight control, lowers the risk of stroke, heart disease, depression, type 2 diabetes, and some cancers. People of all ages who are active, live longer in life. Therefore, a podiatrist comes in handy. To stay consistently active, we must have healthy feet to stay ambulatory.



Visit one of our 10 podiatrists today, if you see or feel like your foot health needs attention. We have 7 clinics in Illinois and 5 in Missouri. Our number one goal is to keep you on your feet! Take the NEXTSTEP to a healthier lifestyle today!

3505 College Ave  
Suite B  
Alton, IL 62002  
(618) 462-9695

12866 Troxler Ave  
Highland, IL 62249  
(618) 236-7444

5139 Mattis Road  
Suite 102  
St. Louis, MO 63128  
(314) 909-1920

3445 Bridgeland Drive  
Bridgeton, MO 63044  
(314) 739-7100

784 Wall Street  
Suite C  
O'Fallon, IL 62269  
(618) 236-7444

8067 Mexico Road  
St. Peters, MO 63376  
(636) 379-2272

235 South Main Street  
Suite B  
Edwardsville, IL 62025  
(618) 307-9015

5383 State Route 154  
Pinckneyville, IL 62274  
(618) 236-7444

509 Hamacher Street  
Suite 203  
Waterloo, IL 62298  
(618) 236-7444

1390 US Highway 61  
Suite G1000  
Festus, MO 63028  
(636) 937-3338

2071 Goose Lake Rd.  
Sauget, IL 62206  
(618) 857-2700

3824 Watson Road  
St. Louis, MO 63109  
(314) 352-5436

**1 more  
month until  
Christmas!**

The Holiday's are approaching quickly! Our clinics will be closed the following dates;

**Thanksgiving - 11/26**

**Black Friday - 11/27**

**Christmas Eve - 12/24**

**Christmas Day - 12/25**

**News Years Day - 1/1**

