

January Newsletter



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HAPPY NEW YEAR!

Goodbye 2020. Hello 2021.

The new year, brings new beginning. We have several new additions to our NextStep clinics. Some of these include hiring a new podiatrist, a new 3D scanner, and some new self-pay products we are offering to our patients! Read more on page 3.

Text Us!

Our central scheduling latest technology allows patients to text to schedule an appointment! Our system is HIPPA compliant, therefore, if you need to send your insurance card, or other medical documents it is safe and patient protected! Keep in mind, our Central Scheduling hours are 8:00am-5:00pm, Monday-Friday. If you text us while we are out of the office, no need to worry! We will get back to you as soon as we can!!

SOUTH COUNTY, MO | (314) 408-2868

ST PETERS, MO | (636) 259-4833

EDWARDSVILLE, IL | (618) 226-4450

O'FALLON, IL | (618) 266-3009

HIGHLAND, IL | (618) 266-2642

BRIDGETON, MO | (314) 208-3127

ALTON, IL | (618) 266-2838

WATSON ROAD, MO | (314) 208-2418

PINCKNEYVILLE, IL | (618) 243-0279

WATERLOO, IL | (618) 249-3551

FESTUS, MO | (636) 249-6961

Dr. Mia Thouvenot was born in Lafayette, Louisiana and raised in Columbus Ohio. She has found her home in the Greater St Louis area in O'Fallon, IL. In her spare time she enjoys spending time with her husband and three sons, hunting, hiking, camping and spending as much time outdoors as they can. She loves following the local sports teams; as well as the teams she grew up watching. She also enjoys cooking, especially the Cajun meals she grew up eating.

Dr. Mia Thouvenot received her podiatric medical degree at Ohio College of Podiatric Medicine. She then completed her surgical residency at SSM DePaul Hospital in St. Louis, Missouri. During residency Dr. Thouvenot received extensive training in evaluation and treatment of foot, ankle, and lower leg pathology. As a former collegiate Track and Field and Cross Country runner for Miami University in Oxford, Ohio where she completed her undergraduate degree. She has a passion for treating sports-related foot and ankle problems. She sees patients of all ages: pediatric, adult, and older adult.

Medical School: Ohio College of Podiatric Medicine, Cleveland, OH 2012

Residency: Mineral Area Regional Medical Center 2016

Podiatrist Spotlight!

Dr. Mia Thouvenot



JANUARY EMPLOYEE'S BIRTHDAYS



14th - Dr. Hawthorne (Podiatrist)

18th - Angie Callovini (DME Coordinator)

24th - Dr. Lamb (Podiatrist)

29th - Tanya Schuetz (Medical Assistant)

FUN FOOT FACT

Women are 4 times more likely to have foot problems than men are, mostly due to footwear.



What's New?

WELCOME - Richard Norlin, DPM

Dr. Richard Norlin has been hired to continue seeing our patients at the Watson Rd office. Dr. Norlin completed his Podiatric Medicine degree in 1979 at Illinois College of Podiatric Medicine in Chicago, IL. He is Board Certified in Foot and Ankle Orthopedics by the American Board of Podiatric Orthopedics and Primary Podiatric Medicine since 1994. We feel that Dr. Norlin will give great care to all of our patients at the Watson clinic.

NEW PRODUCTS - Anti-Fungal & CBD Creams

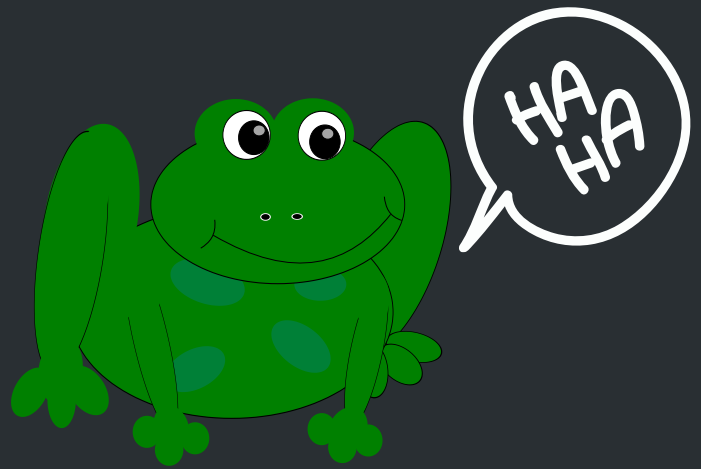
We are now offering self-pay anti fungal cream and 3 different CBD products for fast acting pain relief in our Alton, IL and South County, MO locations!

- **Anti-Fungal Cream** - Tolcysten™ Antifungal / Nail Renewal Solution is the first and only antifungal, cosmetic, and nail renewal treatment, all in one product. It is available without a prescription and dispensed exclusively at NextStep Foot & Ankle Centers!
- **CBD Pain Gel** - Canodyne CBD Pain Gel is a fast acting pain relief! It is a verified premium product that combine the power of nature with proven pharmaceutical pain relievers.
- **CBD Capsules** - Canodyne CBD Isolate Gel Cap's are an excellent way to administer pure CBD to the body. Isolate is THC-free without preservatives or additives, just hemp derived CBD that's lab tested for quality and purity.
- **CBD Tincture** - Canodyne CBD Isolate Tincture's are an excellent way to administer pure CBD to the body. Isolate is THC-free without preservatives or additives, just hemp derived CBD that's lab tested for quality and purity.

FOOT FUNNY

How does a frog feel
with a broken foot?

Un-HOPPY!



Tips To Prevent Fungal Nail Infections

- Exercise proper hygiene and regularly inspect your feet and toes.
- Keep your feet clean and dry.
- Wear shower shoes in public facilities whenever possible.
- Clip your nails straight across so that the nail does not extend beyond the tip of the toe.
- Use a quality foot powder – talcum, not cornstarch – in conjunction with shoes that fit well and are made of materials that breathe.
- Avoid wearing excessively tight hosiery, which promotes moisture. Socks made of synthetic fiber tend to “wick” away moisture faster than cotton or wool socks, especially for those with more active life styles

Depending on the type of infection you have, over-the-counter liquid antifungal agents, while sometimes effective, may not prevent toenail fungus or a fungal infection from recurring. A topical or oral medication may need to be prescribed, and the diseased nail matter and debris removed by a process called debridement.

Check out our NEW over the counter anti-fungal cream. Tolcysten™ Antifungal / Nail Renewal Solution is the first and only antifungal, cosmetic, and nail renewal treatment, all in one product. It is available without a prescription and dispensed exclusively at NextStep Foot & Ankle Centers! Learn more at <https://nextstepfootdocs.com/antifungal-solution/>

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