

March Newsletter



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Patient care is always our first and top priority. Our dedicated group of podiatrist offer a plethora of foot and ankle services for injured workers. These include acute and critical care. Additionally, we provide attentive care to our patients throughout the treatment of the healing process.



**If you have recently been injured at work, we can help!**

**Call us today to schedule your foot and ankle appointment.**

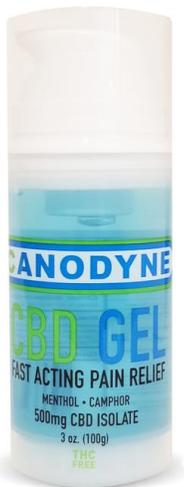
**(314) 909-1920**

# NEW SELF-PAY PRODUCTS

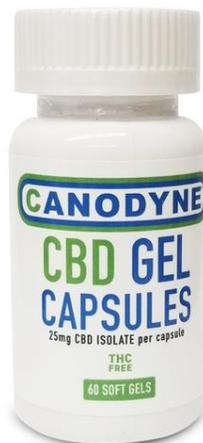
## Anti-Fungal & CBD Creams



- **Anti-Fungal Cream** - Tolcycen™ 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.

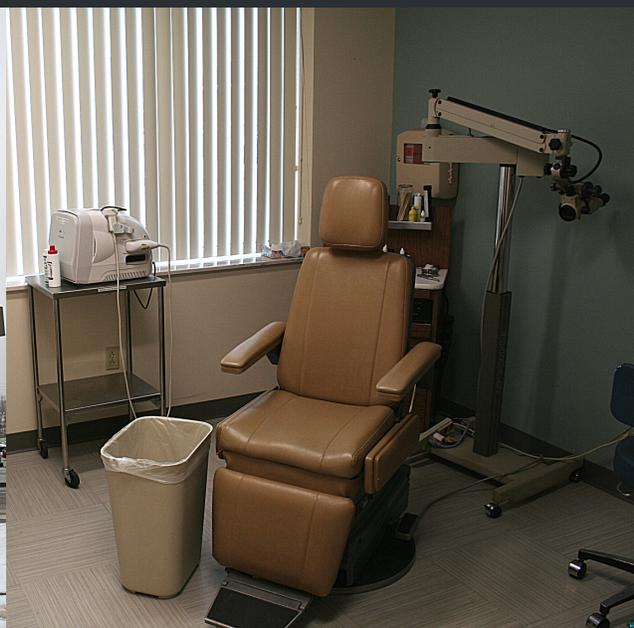
# MARCH EMPLOYEE'S BIRTHDAYS

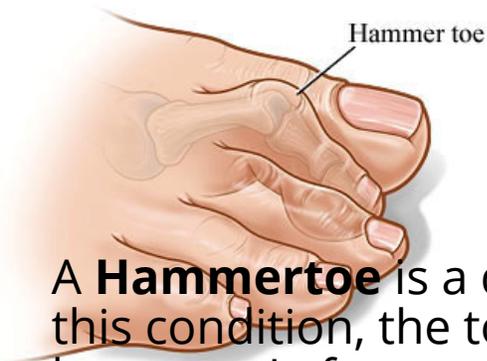
31st - Jessica Adams (Medical Assistant)

## What's New?

### Festus Clinic Move!

You can see Dr. Douglas Basso every **Wednesday 9am-4pm in Festus, MO**, however, his clinic is now located at the North Side of the building, instead of the South end. You can now find his clinic in Suite 40G. Please do not hesitate to call if you need help with directions.





# Hammer toe

A **Hammer toe** is a deformity of the second, third or fourth toes. In this condition, the toe is bent at the middle joint, resembling a hammer. Left untreated, hammertoes can become inflexible and require surgery. People with hammertoes may have corns or calluses on the top of the middle joint of the toe or on the tip of the toe. They may also feel pain in their toes or feet and have difficulty finding comfortable shoes.

Causes of hammertoe include improperly fitting shoes and muscle imbalance. Treatment for the condition typically involves shoes with soft, roomy toe boxes and toe exercises to stretch and strengthen the muscles. Commercially available straps, cushions or non-medicated corn pads may also relieve symptoms.

Does having Athlete's Foot  
qualify me as sporty?



## FUN FOOT FACT

Children's feet do grow incredibly fast, especially during the first few years. It breaks down like this:

- Birth to 12 months, kids' feet go up five sizes
- From 12 to 24 months, kids' feet go up two sizes
- From 24 to 36 months, kids gain another two shoe sizes

That means that kids' feet go up nine sizes in their first three years alone. Once they hit 4 years old, their shoe size shouldn't change more than once every 8 to 12 months.