

July Newsletter



## Table of Contents

- Orthotics, Bracing, and Diabetic Shoes
- Summer Orthotic SALE
- Podiatry Spotlight
- Work Comp
- Protect Your Feet From The Summer Heat
- Job Openings
- What's New?
- Employee Birthdays
- Tolcylen
- Fun Foot Fact

## Orthotics, Bracing, and Diabetic Shoes

At Next Step Foot and Ankle Centers it is a priority to provide our patients with the proper foot wear, and equipment needed to improve mobility and overall foot health. We offer a full selection of diabetic shoes in many styles and sizes to meet your needs!

Custom orthotics and inserts accommodate all foot sizes and styles of shoes to improve walking and exercising. Next Step Foot and Ankle Centers also provides patients with Moore Balance and Arizona brands of custom AFOs(Ankle-Foot Orthosis) to keep you on your feet! We also make available a variety of night splints, ankle braces, walking boots, and more to assist in improving patient mobility!

### Take advantage of our Orthotic Summer Special going on NOW!

We are now offering a summer orthotics self-pay special from June 1st to July 31st. These regularly cost \$350 each!

**One pair for \$250!**  
**Two pairs for \$400!**



# Podiatrist Spotlight!

*Dr. Daniel Thouvenot*

Dr. Daniel Thouvenot received his podiatric medical degree at Ohio College of Podiatric Medicine. He completed his residency at Mineral Area Regional Medical Center in Farmington, MO.

Dr. Thouvenot is member of the American College of Foot and Ankle Surgeons, American Podiatric Medical Association, and Missouri Podiatric Medical Association. During residency Dr. Thouvenot received extensive training in evaluation and treatment of foot, ankle, and lower leg pathology.

Dr. Thouvenot was born and raised in O'Fallon, IL. He attended school in O'Fallon and continued on to Southern Illinois University in Edwardsville. After college he attended and graduated from Ohio College of Podiatric Medicine. Dr. Thouvenot currently lives in O'Fallon, IL. In his spare time he enjoys spending time with his wife and three sons, hunting, and golfing.

**Medical School:** Ohio College of Podiatric Medicine 2012

**Residency:** Mineral Area Regional Medical Center 2015

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



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

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

**(314) 909-1920**



# 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, athletes 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!

## Job Openings

Our company is on the move! We have doubled in size in 4 years and have aggressive growth plans in the future. You will find our work environment casual with a strong emphasis on teamwork. We have high standards for our employees; however, we also know how to have fun. Come join us! Take the NextStep in a career with us! We are currently seeking Certified Medical Assistants and Call Center Representatives to join the NextStep Team!

Apply today at <https://nextstepfootdocs.com/careers/>

# WHAT'S NEW?

All NextStep locations will be closed on July 5th in observance of the July 4th Holiday.

## **Highland Clinic now open on Fridays!**

Dr. Mia Thouvenot is now seeing patients on the 4th and 5th Friday's. Call 618-236-7444 to schedule your appointment today!

## **Welcome Christie Lynch, DPM!**

Dr. Lynch will be joining the NextStep Team July 26th. She will primarily be seeing patients at our Festus, MO, Watson Road, and South County clinics.

## July Employees Birthdays!



17th – Dr. Colgan (Podiatrist)

19th – Dr. DeSaix (Podiatrist)

22nd – Jacqui Colyer (HR Director)

22nd – Amy Cuntz (Surgical Coordinator)

29th – Julie Locher (Billing Specialist)

# Antifungal/Nail Renewal Solution

Tolcylen™ is the only antifungal product of any kind to feature FDA approved antifungal and proven cosmetic agents. These agents are emulsified in low molecular weight, low surface tension excipients, similar to the excipients used for FDA approved topical Rx drugs that are proven to penetrate and carry antifungal agents through the nail plate. The Tolcylen™ cosmetic and renewal agents are able to rapidly improve nail appearance in compromised nails. Urea, Lactic Acid and Propylene Glycol softens, thins and lightens brittle and discolored nails while acting as penetrating agents for the other ingredients. Jojoba Oil and Vitamin E can moisturize and revitalize nails, while promoting healthy nail appearance and growth. The patented delivery system is user friendly and the applicator tip controls flow while effectively dispensing medication on the nail fold and hyponychial areas on the edges of nails.

Tolcylen™ 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!



**FUN  
FOOT  
FACT**

In an average day of walking, your feet experience forces totaling hundreds of tons—the equivalent of a full loaded cement truck.

