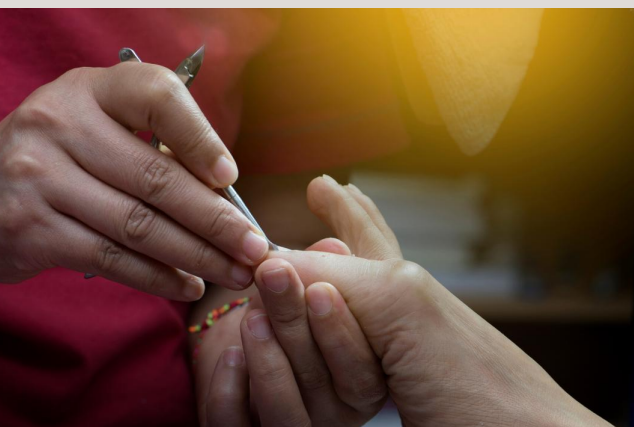




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Elderly Foot & Nail Care Tips

Proper foot care for senior feet prevents further injury and protects health. The older we get is it key to ensure proper care to our feet. The foot health in seniors begin to decline due to several causes;

- Years of walking, working and healing from injuries
- Low quality, too small or uncomfortable footwear
- Poor circulation
- Increased risk of diabetes, gout, heart disease and other diseases causing foot problems
- Difficulty properly trimming toenails due to impaired vision or mobility

Elderly patients often grapple with appropriate toenail care for numerous reasons including failing eyesight, reduced flexibility or arthritis in hands making it problematic to use toenail trimmers. Many senior citizens feel ashamed when they're incompetent to trim their own toenails. We encourage all elderly patients struggling with foot care to contact our gentle and caring podiatrist for an appointment.



(314) 909-1920

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

Call us today to schedule your foot and ankle appointment.

Podiatrist Spotlight!

Welcome Dr. Christie Lynch



Please help us welcome Dr. Christie Lynch to the NextStep team! Lynch joined the NextStep team Monday July 26th. She recently completed her residency at Miami VA hospital in Florida. She completed her undergrad degree at Simpson College in Indianola, Iowa and her podiatric medical degree at Des Moines University. She enjoys treating all aspects of podiatry. She has a passion for sports medicine and working with athletes.

Dr. Christie Lynch is originally from Bettendorf, Iowa but now lives in St. Louis. She will be treating patients in our Festus, MO and St. Louis City (Watson Rd) clinics.

Dr. Lynch currently resides in Hillsboro, MO with her husband, son, and daughter. In her spare time, she enjoys spending time with family, hiking, walking her golden retriever, and fishing.

After her training is completed, she will primarily see patients at our Festus, MO, Watson Road, and South County clinics.

MODERN VASCULAR®

Dr. Wande Pratt
Vascular Surgeon

Modern Vascular of St. Louis
OWNED & OPERATED BY MODERN VASCULAR OF ST. LOUIS, LLC
641 N. New Ballas Rd.
Creve Coeur, MO 63141
Office Hours: 7 a.m. - 5 p.m. CST

Modern Vascular is defined by its commitment to extraordinary health care. Treating patients' vascular disease, saving their limbs from amputation, implementing cutting-edge innovations, and creating unique patient experience are at the foundation of our work. Modern Vascular of St. Louis believes that every single patient deserves to be treated as a member of their own family.

Modern Vascular's physicians and focused specialization make them the best option to treat you if you are experiencing PAD symptoms or are high risk to experience them in the future.



Officially Opens August 16th!



Fun Foot Fact!

When we're born, our feet are underdeveloped, which is why it takes time for arches to form.

Weight Bearing CT Imaging

Now offering State-of-the-Art Lower Extremity Imaging at our South County Location!

We are officially an accredited RadSite for the CT-Curve Beam LineUp! We are accredited by the RadSite pursuant to the MIPAA Accreditation Program Standards (MAP). The CurveBeam LineUP is a weight bearing Extremity CT imaging system. Its innovative design allows for a patient to be scanned while he/she is standing naturally on both feet. This CT is accepted by Medicare and most private companies.

The American Orthopedic Foot & Ankle Society recommends standing (weight bearing) imaging, when possible, to get the most accurate assessment of the functional bony anatomy of the lower extremities. Deformities of the forefoot, midfoot and hindfoot, as well as meniscal position in the knee, are shown to be more visible in weight bearing. Your doctor may order a standing scan to supplement your X-Rays. The CT scan takes less than 30 seconds, delivers low radiation dose, and provides your doctor with three dimensional views of the lower extremities.

NextStep Foot & Ankle Centers is proud to introduce our new CurveBeam Extremity 3D Imaging to our South County location. This new weight bearing CT will conduct a more accurate alignment-dependent condition diagnosis. The CT will provide 3D views of morphology, alignment and joint space, leading to a better overall treatment plan. The CurveBeam Weight Bearing CT three-dimensional imaging helps ensure the right diagnosis the first time!



WHAT'S NEW?

Clinics Closed On Labor Day

Labor Day All NextStep locations will be closed on September 6th in observance of Labor Day.

We Are Hiring!

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 at

<https://nextstepfootdocs.com/careers/>

Open Positions:

- Registered Medical Assistant (RMA)
- Central Scheduling – Central Scheduler (CS)
- Clinical Special Projects Coordinator
- DME (Podiatry Durable Medical Equipment) Coordinator



August

Employees

Birthdays!

4th – Kaylee Hayes (MA)

13th – Miranda Stuller (MA)

16th – Laura Erickson (MA)

29th – Jenna Schnauber (Clinical Coordinator)

NEW PRODUCT

coming soon!

Vircin Advanced Wart Treatment

VIRCIN is a wart medication that employs an immuno-modulator along with salicylic acid and an anti-viral to provide a one-two-three punch in combating plantar warts. What makes VIRCIN unique is that it is the only product that contains both an antiviral and an immuno-modulator. The antiviral kills the HPV virus and the immuno-modulator triggers an immune response to clear the virus and prevent recurrence. In a clinical study VIRCIN cleared plantar warts in 88% of patients.

