



## Ensure Your Children are Returning to School with their Feet in Tip Top Shape!

At Next Step Foot and Ankle Centers, we treat patients of all age types because each population has its own unique foot care needs. Moreover, when younger patients come in for foot care, there are certain conditions that we see more commonly due to growth and development problems and personal lifestyles. Some of the most common pediatric foot disorders include abnormal foot development, ingrown toenails, and fungal infections.

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**Abnormal Foot Development** - In infants and young toddlers, there is an array of "regular" foot appearances. As a baby, the arches of your feet may not be clearly defined. Once a child begins taking his or her first steps, it is key to pay attention to how they move. Flat feet or in-toeing are two problems that can be corrected if handled early on. If you notice any abnormalities with their gait, it is essential that you visit a podiatrist. They will examine and detect abnormalities and, in some cases, suggest custom orthotics or night braces to prevent further malformations.

**Ingrown Toenails** - Ingrown toenails often are the result of trimming your toenails too short, particularly on the sides of your big toes. Children often bite their nails or peel off the tips, resulting the edges of the nail grow back down into the nail bed. Ingrown toenails start out hard, swollen and tender, and later, may become sore, red and infected. Your skin may start to grow over the ingrown toenail. Soaking your foot in warm, soapy water several times each day is usually a good way to treat an ingrown nail. We recommend that you visit our offices and let a podiatrist determine the best course of treatment for your condition.

**Fungal Infections** - Many people don't realize they have a fungal nail problem. Moreover, many people that do never seek treatment. Still, toenail fungus and fungal toenail infections are a common foot health problem. Fungal toenail infections can persist for years without ever causing pain. The disease, characterized by a change in a toenail's color, is often considered nothing more than a mere blemish, but it can present serious problems if left untreated. Some tips to prevent toenail fungus include keeping your feet clean and dry, wearing shower shoes in public facilities whenever possible, also 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 lifestyles. 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. Next Step Foot & Ankle Centers exclusively sells Tolcylan™ which is the only antifungal product of any kind to feature FDA approved antifungal and proven cosmetic agents. Tolcylan™ 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 all 12 of our clinics!



## **WE ACCEPT WORK COMP**

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

Call us today to schedule your foot and ankle appointment.

**(314) 909-1920**

# Podiatrist Spotlight!

*Dr. Christina Hawthorne*

Dr. Christina Hawthorne received her Bachelor of Science degree in biology with a minor in English at Kent State University in Kent, Ohio. She received her medical degree from the Ohio College of Podiatric Medicine in Cleveland. Dr. Hawthorne completed a two-year surgical residency in Farmington, MO at the Mineral Area Regional Medical Center and served as chief resident during her last year of residency.

Dr. Hawthorne was featured in Who's Who in American Colleges & Universities and was on the National Dean's List during her last year of college. She is also a member of the Missouri Podiatric Medical Association. Dr. Hawthorne is board eligible with the American Board of Podiatric Surgeons. She is proficient in all aspects of foot and ankle medicine including diabetic foot care and conditions of the skin.

When she is not caring for her patients, Dr. Hawthorne is attending one of her children's sporting events, walking her Bernedoodle, or volunteering her time with many community organizations.

**Medical School:** Ohio College of Podiatric Medicine  
1987

**Residency:** Mineral Area Regional Medical Center 1989

**Dr. Hawthorne is available at the following Offices:**  
**Bridgeton, South County and St. Peters**







### What is SANUWAVE UltraMIST?

UltraMIST Therapy has been clinically demonstrated to promote healing across a wide range of chronic and acute wounds. Unlike most wound therapies that are limited to treating the wound surface, the UltraMIST System delivers low-frequency ultrasound to the treatment site using a noncontact fluid (e.g., saline). MIST Systems produce a low energy ultrasound-generated mist to promote wound healing through wound cleansing and maintenance debridement by the removal of fibrin, yellow slough, tissue exudates, and bacteria.

Administered by trained healthcare personnel to thousands of patients for more than a decade and supported by a vast array of clinical evidence, the UltraMIST System's acoustic wave therapy promotes healing by controlling inflammation and reducing bacteria in the wound bed while increasing angiogenesis. Further, to promote healing, it increases perfusion through vasodilation, ultimately increasing oxygen and nutrients to the tissue

NextStep has newly implemented the UltraMIST Therapy as a quick promotion of the foot healing process within patients. We currently house two UltraMIST Therapy machines in our Alton, IL and South County, MO clinics.

### How UltraMIST Works:

In action, the UltraMIST System mechanically removes barriers and promotes healing in a wide range of wound types. Indications include, but are not limited to, diabetic foot ulcers, venous leg ulcers, pressure ulcers, and surgical, burn, and deep tissue injuries. It also reduces and removes a wide range of bacteria, including biofilms, while preserving healthy structures.



**September  
Employees  
Birthdays!**

18th - Dr. Mia Thouvenot (Podiatrist)  
28th - Dr. Douglas Basso (Podiatrist)



# 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!**

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

## **New Podiatrist - Dr. Christie Lynch!**

Dr. Lynch has been training over the past month with the other podiatrists in the practice. We hope to have Dr.

Lynch running her own clinic mid-September in our Watson and Festus, MO clinics. Learn more about her at

<https://nextstepfootdocs.com/team/dr-christie-lynch/>

## **Weight Bearing CT Imaging**

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.

# NEW PRODUCT

## 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.



**Available at:**  
**\$45**

**Alton, IL**  
**Bridgeton, MO**  
**South County, MO**