



Plantar Wart

Also known as "Foot Wart"

Plantar warts are small growths that typically occur on the heels or other weight-bearing areas of your feet. This tension may also cause plantar warts to develop inward beneath a tough, thick coat of skin. The odds of you developing a wart sometime during your lifetime is fairly high. However, plantar warts are not life-threatening and typically disappear on their own. They are a source of pain and discomfort, but our licensed podiatrists offer effective treatment.

Symptoms Include:

- A small, rough, grainy growth (lesion) on the bottom of your foot.
- Hard, thickened skin (callus) over a well-defined "spot" on the skin, where a wart has grown inward
- Black pinpoints, which are commonly called wart seeds but are small, clotted blood vessels
- A lesion that interrupts the normal lines and ridges in the skin of your foot
- Pain or tenderness when walking or standing

When you do find a plantar wart, the best home prevention action to utilize is to tape it up or place a band-aid on the area. This prevents the virus from spreading. However, the best course of action is to simply have one of our 11 podiatrists take a look and discuss options.

Additionally, we sell **VIRCIN**, which 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. We VIRCIN available at all 12 locations for \$45. Call us at 314-909-1920 for more information.

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Podiatrist Spotlight!

Dr. Anna DeSaix



Dr. Anna DeSaix received her podiatric medical degree at Chicago Medical School Scholl College of Podiatric Medicine. Her residency was completed at DePaul Medical Center in St. Louis, Missouri. As a board certified foot and ankle surgeon, Dr. DeSaix is experienced in all areas of podiatric care. She specializes in foot reconstructive surgery, sports medicine, wound care, and diabetic limb salvage.

Dr. DeSaix has been practicing medicine since 2005. She is actively involved with St. Anthony's Medical Center/Mercy South where she serves on several committees. Dr. DeSaix is also licensed in North Carolina. She is from Chapel Hill, NC where she obtained her undergrad degree at the University of North Carolina-Chapel Hill.

Medical School: William Scholl College of Podiatric Medicine Chicago, IL 2003

Residency: DePaul Health Center, St. Louis, MO

Board Certified: American Board of Podiatric Surgery since 2005

Dr. DeSaix is available at our South County clinic Tuesdays-Fridays!

YOU KNOW WHAT IS SCARY? BUNIONS!



Bunions are one of the most common foot disorders treated by Ankle & Foot Surgeons of the Midwest. In fact, bunions are one of the most common disorders treated by most podiatrists across the country. More than half the women in America have bunions, a common deformity often blamed on wearing tight, narrow shoes. Bunions cause the base of your big toe (Metatarsophalangeal Joint) to enlarge and protrude. The skin over it may be red and tender. This can be acquired through time or it can be congenital (you got it from your family).

Wearing any type of shoe may be painful when you have a bunion. The joint involved flexes with every step you take. The bigger your bunion gets, the more it hurts to walk. Bursitis (inflammation) may also set in. Your big toe may angle towards your second toe, or even move all the way under or over it. The skin on the bottom of your foot may also become thicker and painful.

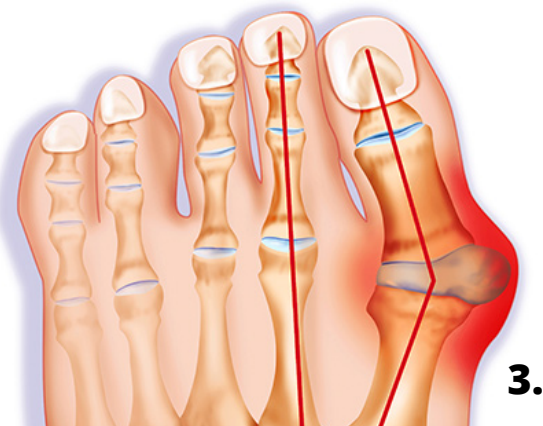
Pressure from your big toe may force your second toe out of alignment, sometimes causing it to overlap your third toe. If your bunion gets too severe, it may cause difficulty in walking. Your pain may become chronic and you may develop arthritis.

LapiFuse™ Bunion Correction

ONE SIMPLE PROCEDURE. WELCOME TO "TOES-OUT" LIVING. BUNION PROCEDURE WHAT IS THE LAPIFUSE™ BUNION PROCEDURE?

LapiFuse is a new type of bunion correction that not only reduces pain and improves mobility, but also protects the natural appearance of your foot and was designed to reduce the likelihood of recurrence (return of bunions). LapiFuse is developed by Wright Medical, the leader in foot and ankle surgery.

Some bunion correction procedures require shortening of the toe and large incisions that can affect how the foot looks, while potentially creating new pain and leading to additional surgical procedures. The LapiFuse Bunion Procedure is designed to preserve toe length, reduce pain, and restore the natural appearance of the foot.



WHAT'S NEW?

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)

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



SANUWAVE
Wound Care Technologies