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Health Risks For Diabetics

November is American Diabetes Month. This month, we come together to ring the alarm on the diabetes epidemic. This is the time to educate yourself and loved ones on the risks of diabetes. According to the CDC, 9.3% of the US population is diabetic. Diabetes affects the foot primarily by its actions on the blood vessels and nerves. This often leads to hospital stays for infection and ultimately amputations. There were nearly 90,000 major amputations in the United States last year as the result of diabetes. However, it has been estimated that nearly 85% of limb loss can be prevented through education and patient care plans.

If/when your feet become numb, they are at risk for becoming deformed. One way this happens is through diabetic foot ulcers. Open sores may become infected. Another way is the bone condition Charcot (pronounced "sharko") foot. This is one of the most serious foot problems a diabetic can face. It warps the shape of your foot when your bones fracture and disintegrate, and yet you continue to walk on it because it doesn't hurt. Diabetic foot ulcers and early phases of Charcot foot fractures can be treated with a total contact cast.

The shape of your foot molds the cast. It lets your ulcer heal by distributing weight and relieving pressure. If you have Charcot foot, the cast controls your foot's movement and supports its contours if you don't put any weight on it. To use a total contact cast, you need good blood flow in your foot. The cast is changed every week or two until your foot heals. A custom-walking boot is another way to treat your Charcot foot. It supports the foot until all the swelling goes down, which can take as long as a year. You should keep from putting your weight on the Charcot foot. Surgery is considered if your deformity is too severe for a brace or shoe.

#NationalDiabetesMonth

Podiatrist Spotlight!

Dr. Ellen Colgan

Dr. Ellen Hill Colgan is skilled in the techniques of foot and ankle surgery, sports medicine, wound care, and diabetic foot care. Her goal is to get her patients back on their feet as quickly as possible and back to the activities they enjoy.

Dr. Colgan completed her Podiatric Medical Training at Des Moines University – College of Podiatric Medicine and Surgery and her Master of Health Administration – College of Health Sciences in Des Moines, Iowa. She then completed her surgical residency at SSM DePaul Hospital in St. Louis, Missouri. Dr. Colgan enjoys the teaching aspect of medicine and continues to work with the residency program at SSM DePaul.

In her spare time, Dr. Colgan enjoys spending time with her husband, Ted and Emma, their two Labradors, along with her two rescue cats, Gus and Woody. She enjoys all outdoor activities, but especially hiking, biking the Katy Trail, and gardening.

Medical School: Des Moines University College of Podiatric Medicine and Surgery 2015

Residency: DePaul Medical Center 2018

Board Certified: American Board of Podiatric Surgery since 2013

Dr Colgan is available at our Bridgeton and St Peters Clinics



Thankful for our employees!

We are truly thankful for our employees! Last month, we had the opportunity to celebrate National Podiatry Day and National Medical Assistants Day. Our employees are truly an asset to the NextStep team and we thank them endlessly for their hard work! Below, view some photos of our employees on National Podiatry Day and National Medical Assistants Day.



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)

Clinics Closed:

- November 25 (Thanksgiving)
- November 26 (Day after Thanksgiving)
- December 24 (Christmas)
- December 31 (New Year's Day)

Welcome Sarah Sweeney, DPM!



Omega3 Fish Skin for Tissue Regeneration



kerecis[®]

These products, which are based on intact fish skin and fish- and plant-derived fatty acids, are currently being used to protect and regenerate tissue in diabetic and trauma wounds, and to control infections. The company's mission is to extend human life by supporting the body's own ability to protect and regenerate tissues. Its vision is to become world leader in regenerating damaged human tissues by sustainably harnessing nature's own remedies.

NextStep is working with Kerecis and is committed to developing better remedies for our patients.

Employee Birthdays!

- Dr D Thouvenot, November 1
- Dr Sweeney, November 2
- Val M, November 5
- Dr Nelson, November 14
- Angie, November 14
- Val B, November 24
- Chelsea, November 24



Pumpkin Contest

This Halloween season, we had an employee pumpkin contest amongst all the departments and clinics! See photos below of all the submitted pumpkins!



Call Center girls!
1st Place



South County
2nd place



Alton
2nd place



Billing



Managers



DME
Department



St. Peters



Edwardsville