

JANUARY NEWSLETTER

nextstep

foot and ankle centers



HAPPY NEW YEAR

Start the new year on the right foot!

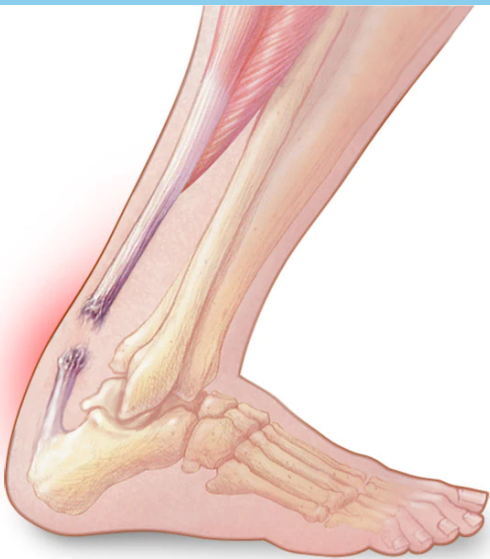
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Achilles Tendon Injuries & Treatments

The Achilles Tendon is a thick band of tissue connecting your calf muscles to your heel. This is important for running, jumping, and walking. Inflammation, swelling, and pain of the Achilles tendon is common; this is referred to as Achilles Tendinitis. If left untreated this condition will continue to worsen. This may be the result of overuse, and may cause pain down the back of your leg into your heel. Another common condition of the Achilles tendon is rupture. This may be associated with a 'Pop' and severe pain.

Treating an Achilles injury depends upon the severity. Mild achilles tendinitis may be treated with ice, rest, and stretching, but more severe injuries to Achilles tendons may require surgery. Home exercises, physical therapy, anti-inflammatory medicines, custom orthotics, shoe inserts, casts, splints, walking boots, and proper shoes may be implemented, as well.

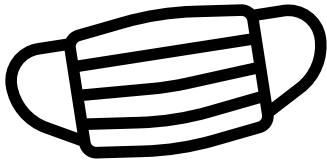


PLEASE WEAR YOUR MASK.

Per CDC guidelines, every patient and healthcare employee **MUST** wear a mask.

We ask that every patient please abide by these rules, otherwise you will be

asked to leave. Thank you for your cooperation.



To learn more please visit, <https://lnkd.in/d8FxGmr>

Podiatrist Spotlight

CHRISTINA HAWTHORNE, DPM

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





YOUR TOES AND THE COLD!



It is cold out here in the St. Louis/metropolitan areas! Along with the snow and ice, the below freezing temperatures impacts our bodies, especially if you work outdoors. With the prolonged exposure to the low temperatures, your feet is the first to feel the uncomfortable effects. To keep our bodies temperatures balanced, the blood vessels in our arms and legs constrict. This means the vessels become narrow and cause less consistent blood flow to our feet and hands. That is why our feet are one of the first parts of our body to get cold when temperatures are low.

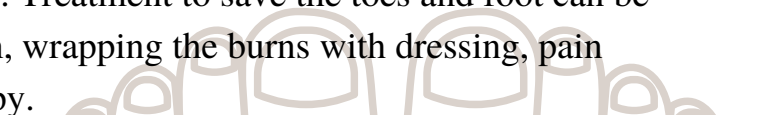
There are four critical conditions to the foot that can occur to people who work outside for prolong periods of time. These conditions range from mild to severe. In some cases, the more serious problems may require amputation or rehabilitation.

FROSTNIP

Frostnip can be defined as a mild form of frostbite. It occurs after minor exposure in below freezing temperatures. No actual freezing of the tissues occurs, resulting in no permanent damage to the feet. Typically, the symptoms of frostnip include minor prickly pain and skin color change to white or red. If you ever encounter frostbite, the solution for treatment is easy. Simply warm your skin with a warm towel.

FROSTBITE

Frostbite is a step further than Frostnip. Frostbite occurs when a foot or other parts of the body is exposed to freezing temperatures under 32o F (0o C). Frostbite is described as the actual freezing of skin tissues that lead to various degrees of damage. There are four degrees of frostbite that determine the extent of severity of the burn.

1. First-Degree Frostbite – First degree is known for the early stages of frostbite. The stage following frostnip. Therefore, the symptoms are familiar to frostnip, including the change of color and minor sharp paint. Additionally, some other symptoms occur such as swelling, numbness which can lead to enhanced damage.
 2. Second-Degree Frostbite – The second degree is extended damage from the first-degree and extends to the dermal layer to the skin and cause blistering.
 3. Third-Degree Frostbite – The third-degree causes damage to the subcutaneous skin tissues, resulting in blisters to worsen and fill with blood.
 4. Fourth-Degree Frostbite – Last, the fourth-degree is the most serious and damaging stage and could potentially result in amputation to the toes or the whole foot. This all depends on the extent of frostbite damage that has occurred. Treatment to save the toes and foot can be provided. For example; warming of the skin, wrapping the burns with dressing, pain medications, antibiotics, or whirlpool therapy.
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IMMERSION FOOT

Immersion foot is also widely known as trench foot, meaning prolonged exposure to cool, damp conditions. This condition is comparable to frostbite, however, Immersion occurs in non-freezing temperatures. Immersion was nicknamed “trench foot” during World War I when army soldiers had to walk for miles in wet and muddied areas on foot. Symptoms of Immersion include whitening or redness of the skin, minor sharp pain, swelling, and blisters. If symptoms persist, it can cause long-term damage such as numb sensations, or neuropathy. Treatment for Trench Foot can include cleaning and drying your feet, soaking your feet in 105°F water for 10 minutes, and not sleeping with socks on.

PERNIO

Pernio is another foot condition caused by temperatures, Pernio is also known as Chilblains. It is an inflammatory skin condition caused by over exposure to cold temperatures. It is the formation of bumps and patches on your hands or feet due to abnormal response of the blood vessels. The symptoms include the areas becoming itchy, puffy, and painful, even after the skin becomes warm. This condition is more known to occur in women, then to men. Pernio usually clears up within two to three weeks, however, it may reoccur for years. Treatment for Pernio involves heating pads and creams to relieve itching and inflammation.

It is extremely vital to recognize early signs to Frostnip, Frostbite, Immersion, and Pernio and to seek medical attention if needed. Ensuring you receive the proper medical treatment or even simple at home treatments can determine the extent of the condition.



January Birthdays

Tina, January 6
Dr Merkle, January 10
Dr Hawthorne, January 14
Traci, January 18
Kim, January 20
Dr Lamb, January 24



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)

nextstep FUN

Last month, Next Step held two fun Christmas events for all employees to join in on. First, we held a Christmas clinic decorating competition that featured 8 of the 11 clinics. The owners of NextStep selected the Call Center as the winner of the competition! Congratulations Call Center girls!!



Next, one of our employees, Cindy, and her husband Mike, dressed up as Mr. and Mrs. Santa Claus at our cooperate office in South County. They spent the afternoon taking photos and speaking with the employees children about their desired Christmas gifts!



WALK HEALTHY SALE



\$35 Bundle

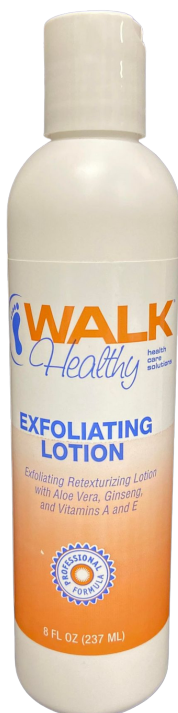
Purchase the moisturizing cream & exfoliating lotion and save \$10! This set is originally is \$45 together.



Moisturizing Cream

Prescribed For:

- Calluses
- Dry & flaky skin
- Post-op scar treatment
- Excellent for diabetic patients



Exfoliating Lotion

Prescribed For:

- Calluses
- Dry and/or cracked skin of legs and feet
- Thick keratosis of heels

WALK HEALTHY tropical treatments deliver effective, advanced care for a wide range of tropical ailments.
Sale ends February 28th, 2022.