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TOENAIL FUNGUS PROBLEMS

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.

Also referred to as Onychomycosis, fungal nail infections are an infection underneath the surface of the nail, which can also penetrate the nail. In addition to causing difficulty and pain when walking or running, fungal nail infections are often accompanied by a secondary bacterial and/or yeast infection in or about the nail plate.

A group of fungi called dermatophytes easily attack the nail, thriving off keratin, the nail's protein substance. When the tiny organisms take hold, the nail may become thicker, yellowish-brown or darker in color, and foul smelling. Debris may collect beneath the nail plate, white marks frequently appear on the nail plate, and the infection is capable of spreading to other toenails, the skin, or even the fingernails.

Nail bed injuries may make the nail more susceptible to all types of infection, including fungal infection. Those who suffer chronic diseases, such as diabetes, circulatory problems, or immune-deficiency conditions, are especially prone to fungal nails. Other contributory factors may be a history of Athlete's foot and excessive perspiration.



TIPS TO PREVENT FUNGAL NAIL INFECTIONS

- Exercise proper hygiene and regularly inspect your feet and toes.
- Keep your feet clean and dry.
- Wear shower shoes in public facilities whenever possible.
- Clip your nails straight across so that the nail does not extend beyond the tip of the toe.
- Use a quality foot powder – talcum, not cornstarch – in conjunction with shoes that fit well and are made of materials that breathe.
- 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 life styles.

Tolcylan™

Antifungal/Nail Renewal Solution



Tolcylan™ is the only antifungal product of any kind to feature FDA approved antifungal and proven cosmetic agents. These agents are emulsified in low molecular weight, low surface tension excipients, similar to the excipients used for FDA approved topical Rx drugs that are proven to penetrate and carry antifungal agents through the nail plate. The Tolcylan™ cosmetic and renewal agents are able to rapidly improve nail appearance in compromised nails. Urea, Lactic Acid and Propylene Glycol softens, thins and lightens brittle and discolored nails while acting as penetrating agents for the other ingredients. Jojoba Oil and Vitamin E can moisturize and revitalize nails, while promoting healthy nail appearance and growth. The patented delivery system is user friendly and the applicator tip controls flow while effectively dispensing medication on the nail fold and hyponychial areas on the edges of nails.

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 NextStep Foot & Ankle Centers!



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

ANNA DESAIX, DPM

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. Anthonys 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: Ohio College of Podiatric Medicine 1987
Residency: Mineral Area Regional Medical Center 1989

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 for appointments at our South County clinic.



NATIONAL PATIENT RECOGNITION WEEK

February 1st - 7th

The first week of February is deemed the National Patient Recognition Week. It places an emphasis on patients, rather than healthcare workers. It is also a week where healthcare workers recommit to ensuring patient satisfaction. We, at NextStep, strive to take more time with each patient, listen better to the patient's needs and wants, become an advocate for our patients, make our patients smile, and commit to going the extra mile for them.

#NATIONALPATIENTRECOGNITIONWEEK



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Clinics Closed:

- Memorial Day (May 30th)
- 4th of July
- Labor Day (Sept 5th)
- Thanksgiving
- Day after Thanksgiving
- Christmas
- New Years Day

We Are Hiring:

Come join us! Take the NextStep in a career with us!

- Registered Medical Assistant
- Clinical Special Projects Coordinator

Employee February Birthdays:

- Dr Lynch, February 3
- Sarah, February 8
- Samone, February 20
- Marsha, February 27

Meet NextStep's future podiatrist,

Caroline Joan

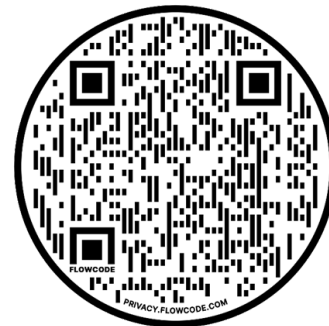
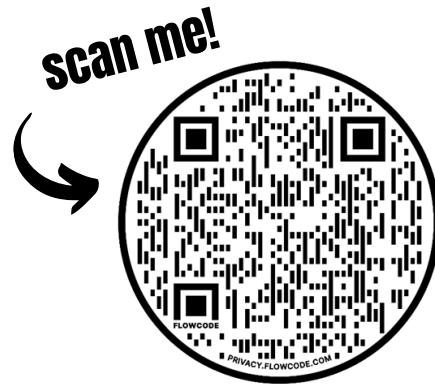
Dr Krista Nelson (Alton & Edwardsville) and her husband, Shaun, welcomed their third child on December 22nd, 2021. Caroline weighed 7lbs and 11oz. Both baby and Dr Nelson are doing great!



Congratulations!



Follow us on Social Media!



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.