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A stylized yellow sun with rays, positioned behind the main title of the article.

Summer Heat and What it Means for your Feet!

It's finally July and it's finally time for the temperature to heat up! However, some fun in the sun could cause issues to your foot health if you don't take precautions. Here are several ways to keep your feet healthy from the hot summer sun!

- Limit walking barefoot. Walking barefoot can cause sunburn, athlete's foot, and warts.
- Wear flip flops around the pool, locker rooms, etc, to protect against bacterial infections.
- When applying sunscreen on your body, don't forget your feet and ankles!
- Drink plenty of water to hydrate your body and avoid swelling in the feet.
- Keep blood flowing to the lower extremities with periodic ankle flexes, toe wiggles, and calf stretches.
- If you injury your foot or ankle while on vacation, be sure to contact a Podiatrist to keep you on your feet!

PODIATRIST SPOTLIGHT

Christie Lynch, DPM

Meet Dr. Christie Lynch! She completed her residency at the Miami VA hospital in Florida. She completed her undergrad degree at Simpson College in Indianola, Iowa and her podiatric medical degree at Des Moines University. She enjoys treating all aspects of podiatry. She has a passion for sports medicine and working with athletes.

Dr. Christie Lynch is originally from Bettendorf, Iowa but now currently resides in Hillsboro, MO with her husband, son, and daughter. In her spare time, she enjoys spending time with family, hiking, walking her golden retriever, and fishing.

Medical School: Des Moines University 2018

Residency: Miami, FL VA hospital 2021

Accepting new patients at the following offices:

- **Watson Road/STL City**
- **Festus**
- **South County**



Upcoming News

We have a new Podiatrist starting with NextStep on July 11! **Dr Sam Bernard** will be joining the team in the Missouri region. He is actually one of our doctors, Dr Ellen Colgan, younger brother. He followed in his older sisters foot steps ;)

Dr Bernard recently completed his residency at MercyOne Waterloo Medical Center in Waterloo, IA. He graduated in 2019 from Des Moines University College Of Podiatric Medicine and Surgery.



Upcoming Employee Birthdays!

Happy
Birthday

Brett Turner, July 9
Dr Colgan, July 17
Dr DeSaix, July 19

Amy, July 22
Jacqui, July 22
Dr Norlin, July 25

Follow us on Social Media!

