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LETS TALK 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).

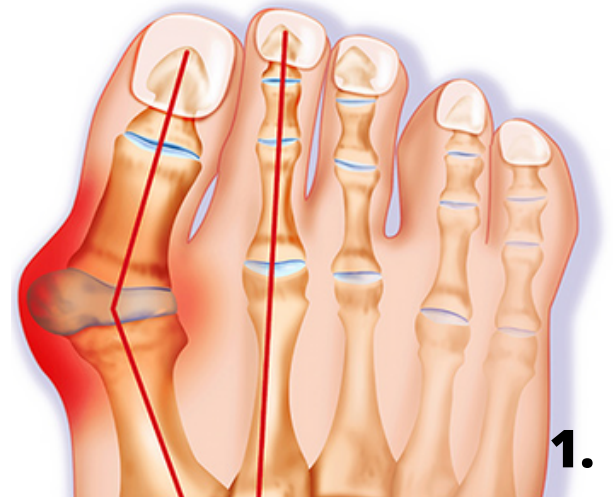
Wearing any type of shoe may be painful when you have a bunion. The joint involved flexes with every step you take. The bigger your bunion gets, the more it hurts to walk. Bursitis (inflammation) may also set in. Your big toe may angle towards your second toe, or even move all the way under or over it.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

Most bunions can be treated conservatively with wider & softer shoes, pads to relieve the pressure and/or medications. If this does not help then surgical treatment is indicated.

Bunion surgery, or bunionectomy, realigns the bone, ligaments, tendons and nerves so your big toe can be brought back to its correct position and the bump on the inside of the joint removed. Many bunion surgeries are performed on a same-day basis (no hospital stays) using a local anesthesia. During your recovery it is common to have pain and swelling. This swelling and stiffness may be persistent for several months.

Here at NextStep Foot & Ankle Centers, we offer two great surgical options for those painful bunions! See page 2 for more details.



Option 1: Lapiplasty® 3D Bunion Correction

Relief is here. Now, there's a new, patented treatment for bunion correction – Lapiplasty® 3D Bunion Correction. Next Step Foot and Ankle Centers are offering this exciting, new treatment option which does more than simply remove “the bump”; it addresses your bunion in three dimensions to correct the root of the problem.

Learn more at

<https://nextstepfootdocs.com/podiatry-services/lapiplasty-3d-bunion-correction/>

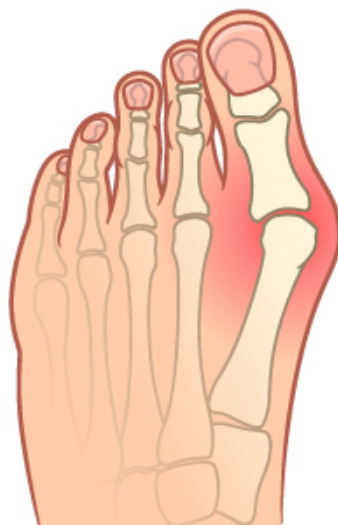


Option 2: The LapiFuse™ Bunion Procedure

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).¹ LapiFuse is developed by Wright Medical, the leader in foot and ankle surgery.

Learn more at

<https://nextstepfootdocs.com/the-lapifuse-bunion-procedure/>



Before



After

PODIATRIST SPOTLIGHT

Dr Lindsay Barth

Dr. Barth is the Founder of Next Step Foot & Ankle Centers and he is a leader in Advanced Foot and Ankle Surgical Techniques. Barth received his podiatric medical degree at Des Moines College of Podiatric Medicine and Surgery in Des Moines, Iowa. His surgical podiatric residency was completed at Deaconess Hospital in St. Louis, Missouri.

Dr. Barth has been practicing podiatric medicine since 1996. He has been board certified by the American Board of Foot and Ankle Surgery since 2000, and is a leader in Advanced Foot and Ankle surgical techniques. Dr. Barth is a member of the Missouri Podiatric Medical Association, Missouri State Insurance Advisory Board, American Board of Foot and Ankle Surgery, and the American Podiatric Medical Association. Dr. Barth also serves as Chairman of the Political Action Committee.

Dr. Lindsay Barth performed the 1st Wright INBONE total ankle replacement surgery in September of 2007. He is one of the only physicians to offer total ankle replacement services in the St. Louis metro area.

Throughout the Midwest Dr. Barth provides lectures about Podiatric Surgery and Medicine to his peers and students. He is also actively involved in teaching the residents and students at DePaul Hospital. In addition to his position as senior partner of Next Step Foot & Ankle Centers, Dr. Barth has an interest in Walk Healthy Foot Care Products.

Dr. Barth is an accomplished musician and is a frequent attendee of the St. Louis Symphony. In his spare time, you can find Dr. Barth renovating his 19th century historic home in St. Louis, boating, bicycling, hiking, and gardening.

Medical School: University of Osteopathic Medicine and Health Sciences, Des Moines, IA 1995

Residency: Deaconess Incarnate Word Health System, St. Louis, MO 1997

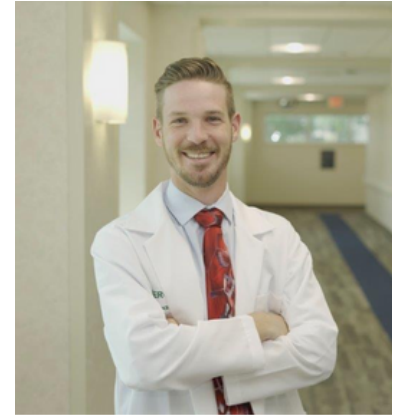
Board Certified: American Board of Podiatric Surgery since 2000

Dr. Barth is available at the following Offices:
Alton, South County and Bridgeton



Upcoming News

- Our newest podiatrist, **Dr Sam Bernard**, is now practicing in Bridgeton, MO on Monday, Thursdays, and Fridays. He will remain practicing at the South County STL location on Tuesday and Wednesdays.
- We are closed, Monday, September 5th, in observance of the Labor Day Holiday. All calls will be returned on Tuesday, September 6th.
- Our company is on the move! We have doubled in size in 4 years and have aggressive growth plans in the future. You will find our work environment casual with a strong emphasis on teamwork. We have high standards for our employees; however, we also know how to have fun. Come join us by sending your resume to our HR Department at jcolyer@nextstepfootdocs.com. We are currently seeking:
 - Certified Medical Assistants
 - Medical Billing Specialists
 - Call Center Representatives



Upcoming Employee Birthdays!

September:

Taye, September 2

Dr Mia Thouvenot, September 18

Kayla, September 19

Dr Basso, September 28



**VIRCIN Advanced
Wart Treatment**

\$45 - 14gm

For the removal of plantar warts on the bottom of the foot. The plantar wart is recognized by its location only on the bottom of the foot, its tenderness and the interruption of the footprint pattern. For the removal of common warts. The common wart is easily recognized by the rough "cauliflower-like" appearance of the surface.

**Antifungal
Solution**

\$60 - 7.5ml

Tolcylen™ 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!

CBD Pain Gel

\$80 - 1000mg

Canodyne CBD Pain Gel is a fast acting pain relief! It is a verified premium product that combine the power of nature with proven pharmaceutical pain relievers.

CBD Capsules

\$50 - 30ct

\$70 - 60ct

Canodyne CBD Isolate Gel Caps are an excellent way to administer pure CBD to the body. Isolate is THC-free without preservatives or additives, just hemp derived CBD that's lab tested for quality and purity.

CBD Tincture

\$80 - 1000mg

Canodyne CBD Isolate Tinctures are an excellent way to administer pure CBD to the body. Isolate is THC-free without preservatives or additives, just hemp derived CBD that's lab tested for quality and purity.

All products are self-pay only. They cannot be billed to insurance.