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In this issue: What is Charcot Foot?, PAD Awareness Month, Clinic Celebrations, Write A Review, Free Book Offer, Blog Post Updates and more.

September 2015

CASE OF THE MONTH

ARE YOU DIABETIC WITH A RED, SWOLLEN FOOT WITH NO SORES? PLEASE READ ME!

Charcot Foot: The History

Jean Marie Charcot was a prominent neurologist in France in the late 1800s. He worked in a charity hospital called the Salpêtrière Hospital, which he described as a "museum of human suffering". Charcot Arthropathy is a condition of the foot that weakens the bones. Eventually the foot bones will fracture and the foot will change shape. Dr. Charcot was the first to document cases of this debilitating disease.

The Symptoms:

I had two referral patients come to see me this month with Charcot Arthropathy. The first was from an urgent care facility and the second was from a primary care doctor. Both of these fairly active patients had long-term diabetes, and both were referred to me for treatment of Cellulitis, which is a bacterial foot infection. Each of the patients experienced redness and swelling in one of their feet. Neither patient had any open wounds or entry points. In both cases, the patient's blood sugar had remained normal and no systemic signs of infection were present.



Above: Neglected or misdiagnosed end stage Charcot Arthropathy with destruction of the mid foot. Salvage of this foot is difficult at best.

The Challenge:

Charcot Foot symptoms greatly resemble those of an infection, so it's easy to misdiagnose Charcot as an infection and prescribe antibiotics. That is exactly what happened with both of these patients. The original physician in each case diagnosed the condition as a diabetic foot infection. They were given antibiotics and then referred to me.



Advice:

Early detection is **key**. If you have a diabetic foot that presents itself with swelling, redness and warmth with no apparent cause such as an open sore, you may have Charcot Foot. Misdiagnosis can result in disaster. Please don't hesitate to schedule your appointment with us today! **(830) 569-3338**.

PAD Awareness Month

Peripheral Arterial Disease (PAD) is No Joke!

Symptoms

- Cramping in feet, calves, or thighs
- Muscle pain during physical activity
- Burning sensation in legs and feet
- Legs/feet feel numb at rest
- Leg/foot cool to the touch
- Foot wounds that don't heal
- Thick toenails

PAD is diagnosed with Arterial Doppler Imaging, a non-invasive method that visualizes the artery with sound waves and measures the blood flow in an artery to indicate the presence of a blockage.

Don't dismiss any of the symptoms as natural signs of aging. Take the next step to healthy feet and schedule your PAD Screening with Dr. Silvester today.

Call 830-569-FEET (830-569-3338)



Se Habla Espanol



Have you read our book, "Why Do My Feet Hurt and What Can I do About It?"

Request your FREE COPY at www.silvesterfootclinic.com today!

Recent Blog Articles

Don't Leave Your Sports Recovery to Chance
Ways to Build Up Your Ankles
Feet need therapists—Physical Therapists, That is
Check out our BLOG on
www.SilvesterFootClinic.com

Please Note: We encourage you to enroll in the Patient Portal so you will have access to your health information 24 hours a day / 7 days a week. For enrollment, please contact us by phone at (830)569-3338 for assistance.

PATIENT PORTAL 

Upon enrollment, you will receive a temporary user ID & password. Then go to www.silvesterfootclinic.com and click on the Patient Portal button to log in.

Your Next Step to Healthy Feet! Call today (830)569-3338



Next Step Foot and Ankle Clinic
Universal City, TX
Coming Soon!
November 2015



6 Great Years with Marlene

We celebrate Marlene's 6th Year at the Next Step Foot & Ankle Clinic



"for the elderly living at home ONE-THIRD to ONE-HALF tend to fall or do fall"

According to the US Centers for Disease Control and Prevention: Every 14 seconds, an older adult is treated in the emergency room for a fall. Falls result more than 2.4 million injuries treated in emergency departments annually, including over 772,000 hospitalizations.

Take the first step towards preventing falls by scheduling your Fall Risk Assessment with Dr. Silvester today!

Call 855.972.9512



Write A Review!

Would you please let all your friends know how happy you are with our services by writing a review online?

Go to Yelp.com, Click "Write a Review", Search Dr. Silvester near 78064, Click "Write a Review"

