



DIABETIC FOOT ULCERS ARE SCARY! AND THEY SHOULD BE.

If you or someone you love has a diabetic foot ulcer, it is a heavy burden emotionally, physically, and financially. At Next Step Foot & Ankle Clinic, we can help. ***Don't ignore a diabetic foot ulcer because the five-year survivability percent in patients with a diabetic foot ulcer is lower than breast, colon and prostate cancer combined.*** A diabetic foot ulcer is serious business.

Recent studies have shown that if a patient has a diabetic foot ulcer for more than 30 days, and it has not decreased in size by at least 50% then, the prognosis for complete healing in 3 months is very poor. Some of the factors that play a role include the age of the patient, the depth of the wound, how long the wound has been present, kidney dialysis, and poor circulation. So if you have a wound or know someone with a wound with any of these risk factors then you (or they) should see us now. Here's why.

The Problem:

Every day at Next Step Foot & Ankle Clinic we get approached by sales reps trying to sell wound care products. Every day in our office we see people who have been going to a wound care center for several months with very little change in the size of their wound. Once a month or so we see someone who has had a foot ulcer for years. These patients have spent hundreds of thousands of dollars on wound care to heal their ulcer. The problem with this approach is that the wound is not the problem. There is nothing inherently wrong with the skin. The skin right next to the ulcer is healthy. If there were something really wrong with the skin on the bottom of the feet then all the skin would be part of the ulcer. Diabetic foot ulcers occur because of 2 factors: #1. Numbness. #2. Excess pressure.

If either one of these 2 factors are removed the ulcer will usually heal itself. A recent literature review of over 500 diabetic foot ulcers revealed wound care only healed about 30% of the wounds. Even if one is successful in taking pressure off the wound by external means (total contact casting or special diabetic shoes) the ulcer recurs in 57% of patients in a short period of time. Therein lies the folly of focusing only on the wound itself.

The wound is not the problem. The wound is a symptom of the problem.

At Next Step Foot and Ankle Clinic, we approach wounds differently. We look for the cause of the foot ulcer. Usually this can be treated with some minimally invasive surgery with very little interruption in the patient's lifestyle. We frequently are able to help heal wounds on patients that have had open wounds for years. So if you have a diabetic foot ulcer, and/or are tired of carrying the heavy burden of that medical condition, please give us a call at the Next Step Foot and Ankle Clinic to discuss your options.

*Diabetic Foot Ulcers
Are Serious
Business, Don't
Ignore Them!*



Before Treatment



After Treatment



Before Treatment



Before Treatment

Get Help Now!
Your Next Step for Healthy Feet

www.NextStepFoot.com

13525 Centerbrook, Suite 104, Universal City, TX 78148 Phone: 210.375.3318 Fax: 210.257.6931
409 N. Bryant St. Pleasanton, Texas 78064 Phone: 830.569.3338 Fax 830.569.6833

Your Next Step For Healthy Feet: www.NextStepFoot.com



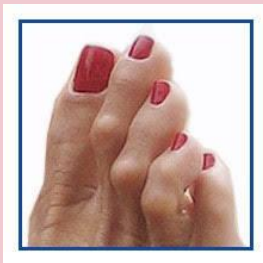
Stop the pain...
Protect your feet & ankles.
Check your orthotics once a year.



Set up an Appointment

Custom Orthotics (shoe inserts) should be replaced periodically. They need to fit properly to give you the best results. Protect your feet and ankles. Schedule your appointment today.

HAMMERTOES



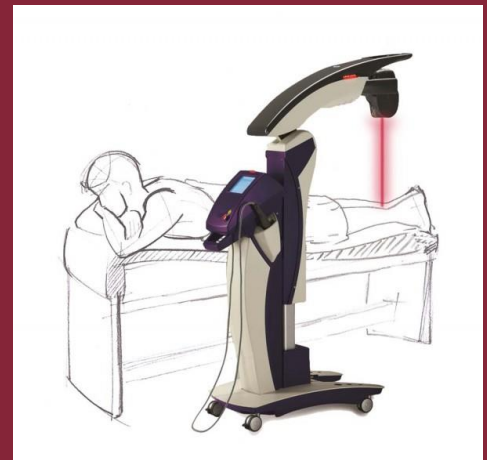
Be back in shoes in 3 days with a simple procedure. Give yourself a present for the holidays and have your toes fixed by Christmas.

Don't let foot pain slow you down!

Do you love to run, walk or cycle for exercise?



If you are wanting to get active but are experiencing foot pain, schedule your appointment with us today! At Next Step Foot & Ankle Clinic, we offer MLS Laser Therapy and Shockwave Therapy to help get you back on your feet quickly!



FMLA

If you will be filing Disability or FMLA forms with your employer for an upcoming surgery, please fill out the employee section and sign them before giving them to us so we can submit them directly on your behalf. Forms can be submitted through your Patient Portal account.

There is a \$25 fee for filling out these forms. If we file FMLA / disability forms on your behalf prior to your surgery, and you choose to cancel your surgery within 10 days of your surgery date, we will charge you a \$50 Administrative Fee. We will contact your FMLA Provider to cancel FMLA benefits.



Thank you for all you do to support Next Step Foot & Ankle Clinic. The best gift you can give us is a referral. If you know someone with foot pain, please don't hesitate to send them to Next Step Foot & Ankle Clinic.