

TOP THINGS 10
YOU MUST KNOW
BEFORE CHOOSING
YOUR PODIATRIST

By Dr. James Anderson

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INTRODUCTORY LETTER FROM DR. JAMES ANDERSON

Dear Friend,

If you suffer from foot or ankle pain that prevents you from fully enjoying your life and time with your family, you are in the right place. Everyone's feet are unique, and so are the ways in which podiatrists treat them. In your search for the best foot and ankle specialists for your unique needs, you may feel overwhelmed by all of the different options available. How do you know if a podiatrist fully understands your needs and can treat your unique condition effectively?

WE WANT YOU TO LIVE
LIFE TO ITS FULLEST,
WITH PAIN-FREE AND
HEALTHY FEET.

At Podiatry 1st, our goal is to educate you so that you know all of your options and we can offer you the best treatment available. We want you to live life to its fullest, with pain-free and healthy feet, so our greatest joy comes from hearing from our patients that their feet no longer hurt.

Researching and choosing a podiatrist that meets your needs can be a challenge, which is why I've put together this report for you: The Top 10 Things You Should Know Before Choosing Your Podiatrist. Our goal is to inform you and help you learn about what aspects of podiatry are important from a patient's perspective. This way, you can make the best choice for your needs... even if it isn't us.

All the Best,

Dr. James Anderson

P.S. Any foot or ankle pain you may be experiencing is not normal and, if left untreated, could lead to more serious conditions. 4 out of 5 of our patients feel better after their first visit without surgery! Give us a call today at 618.277.9533 for more information.

PODIATRY 1st
JAMES ANDERSON D.P.M.
NATALIE MOTA D.P.M.

NUMBER 1: DO THEY FULLY UNDERSTAND YOUR NEEDS?

Your podiatrist should be able to determine what your condition is accurately and quickly. This usually involves consulting with you to learn about your symptoms, using diagnostic tools, and then discussing in depth what your options are so that you don't have any questions. If you do have questions, you should feel comfortable about asking them and your podiatrist should take the time to answer them for you.

Here at Podiatry 1st, you are our priority. Your comfort, input, and the health of your feet are all things that we focus on to help you get the best possible treatment for your unique needs. The first step to get there is to take a consultative approach with each and every one of our patients.

Your questions and concerns are important, so your podiatrist should answer and explain whatever you need. Your podiatrist should also make you feel comfortable, which is what we strive to do every day, with every patient.



NUMBER 2: DO THEY TAKE A CONSULTATIVE APPROACH?

Your podiatrist should take a consultative approach when speaking to you about your needs as well as your treatment options. This essentially means that your podiatrist will take the time to sit down with you, listen to your symptoms and thoughts about what's going on, and partner with you to find the best treatment option for your condition as well as your unique lifestyle. Your podiatrist should be willing and able to answer any questions you may have, as well as addressing any concerns that come up.

Here at Podiatry 1st, we go the extra mile to make sure you're involved in the process of diagnosing and treating your unique foot or ankle condition. We are firm believers in being your partner as we determine the clearest route for your feet to get better faster. Your feet are an important part of your life and we want to give you the best options, period.

When searching for your podiatrist, make sure that they take a consultative approach to your unique needs. This keeps you in control of your treatment as well as allowing you to learn and fully understand your options.



NUMBER 3: DO THEY USE THE LATEST IN TECHNOLOGY AND TREATMENT?

As you search for your podiatrist and research the different equipment and technology used in the field, you may come across things such as diagnostic ultrasound, x-rays, and some other equipment that aids in diagnosing and better treating your foot or ankle condition. Though it's beneficial to have a lot of this equipment, some of it is unnecessary while certain other types of equipment help a great deal and aren't found in all podiatry practices.

Here at Podiatry 1st, we have a unique advantage over most podiatry offices. Our patients have the benefit of access to our laser therapy technology. This equipment allows us to relieve your pain and help promote long-term healing. This is important for both injuries and surgery recovery.



NUMBER 4: DO THEY OFFER RELIEF AT THE FIRST VISIT?

When you are experiencing pain in your feet or ankles, you want relief right away. Many podiatrists will set up a series of appointments for you to keep before you start experiencing relief. So if you have pain today, it may be weeks before you start experiencing relief if they cannot offer you relief at your first visit.

At Podiatry 1st, Dr. Anderson can typically provide relief at your very first visit. In fact, 4 out of 5 of his patients that arrive in pain walk out feeling relieved that very same visit! Dr. Anderson utilizes diagnostic ultrasounds and digital x-rays to get an accurate diagnosis and can utilize laser therapy to help you get relief fast.

It is important that your podiatrist is able to help you get relief right away.



NUMBER 5: CAN YOU GET AN APPOINTMENT WITH THEM WITHIN 24 HOURS?

As you search for a podiatrist, you may come across one or more offices that you are interested in. When you call, do they offer you a same day appointment, or do they tell you that the next available time is a week or more away? In some cases, they may even book you weeks in advance, which could cause your foot or ankle condition to get worse.

It's important for a podiatrist to offer same-day appointments for their patients, especially if you call in with certain conditions that just can't wait. Your podiatrist should have plans in place to accommodate as many patients as possible while still being able to see urgent patients the same day.

Here at Podiatry 1st, we go the extra mile for our patients. Urgent patients and referred patients are usually seen for a same day appointment, and we will do whatever we can to ensure if you can't be seen the same day, that you are at least seen within 24 hours.

Do you need a same day appointment due to an urgent foot or ankle condition such as a sprained ankle, ingrown toenail, or injury? Give us a call at 618.277.9533 to see a specialist today.



NUMBER 6: DO THEY SEE PATIENTS OF ALL AGES?

You may be researching podiatrists for your child or a loved one, as foot problems can develop at any stage in life. Maybe your child has an ingrown toenail or your grandmother needs a podiatrist to see regularly due to diabetes. No matter the case, your podiatrist should be family-friendly and able to treat patients of all ages, from infancy to elderly.

Here at Podiatry 1st, we see patients of all ages and have treated numerous foot and ankle conditions of all kinds. We strive to be the best at what we do and age restrictions would only serve to hinder the number of people we can help heal. No matter what age a patient is or what their condition may be, we want to help you get the best care possible.

A family-friendly podiatry practice
will be able to help everyone in your family,
from the tiniest little toes to the diabetic foot
and everything in between.
Does your podiatrist run a
family-friendly practice?



NUMBER 7: DO THEY RECOMMEND TREATMENT BESIDES SURGERY?

Do you think you or your loved one may need foot surgery? With today's technology, foot surgery can be minimally invasive, and recovery time, relatively fast. Your podiatrist should be able to make recommendations based on your unique condition and needs, and one of those recommendations may be surgery or a minimally invasive procedure.

At Podiatry 1st, our goal is to help your feet or ankles heal as quickly as possible while also taking your lifestyle and personal needs into consideration. Everyone is different, as are their podiatric needs, so your situation may need a different approach than someone else's. Not to worry – we're flexible and work with you every step of the way.

Though we don't typically offer surgery as your first option, we strive to provide you with the treatment options that are in your best interest.

If you have questions or concerns,
we will address those with you by using
a consultative approach and
giving you all of your available options.



NUMBER 8: DO THEY MAKE YOU FEEL COMFORTABLE?

Your comfort most likely depends on several aspects of your environment and the people in it, and everyone is unique that way. While some people prefer a clinical, sterile environment, others may prefer a warm and friendly atmosphere at their podiatrist's office. The way the practice is presented is important as you may be spending a little time there and you probably want to feel at ease during treatment.

At Podiatry 1st, we have facilities to accommodate all of your needs as a patient. Whether you're coming in for a routine check-up or need a surgical procedure, we can offer you the solutions you need at our practice. We want to ensure you feel as comfortable as possible throughout your visit and treatments.

We strive to strike a balance at our offices:
warm and inviting while also remaining
professional and safe.

Your comfort is important to us, so we try to
accommodate our patients as well as we can.



NUMBER 9: DO THEY HAVE EXTENSIVE EXPERIENCE?

No matter what you're researching or seeking, any expert in their field should have enough experience to be great at what they do. In a medical practice, this is extremely important as it has to do with your health. Your podiatrist should have enough experience to expertly diagnose and treat whatever foot or ankle condition you may have.

At Podiatry 1st, we've served over 10,000 patients over the years. This has allowed us to become experts in our field and recognize foot or ankle conditions more quickly while also having the ability to offer you treatment options that work... fast.

Does your podiatrist have the experience needed to properly treat your foot or ankle condition? Here at **Podiatry 1st**, we've served thousands of happy patients and helped them get back to their lives quickly and painlessly.



NUMBER 10: DO THEY ACCEPT MOST INSURANCES?

One concern for people is whether their podiatrist will accept their particular insurance plan or not. If you're uncertain whether the podiatrist you're researching is able to accept your insurance, you can always give them a call and ask in advance so you're prepared or can seek out another podiatrist.

If for any reason we are considered out-of-network for your insurance provider, we will fill out the reimbursement paper work and file it on your behalf. We will do everything we can to help you maximize your benefits and ultimately bring down the out-of-pocket expense of your foot and ankle care.

We accept virtually all types of insurance. Our goal is to serve as many people as we possibly can, so we will work with you to make sure your treatment is covered.



BONUS: DO THEY OFFER FLEXIBLE PAYMENT OPTIONS?

Though many podiatry offices offer payment plans, not all plans are created equal. Some bill you in intervals themselves, while others outsource the payment plan option to a third party financing service, or may not even have a payment plan option available. Of course it depends on your unique needs and situation, but is a payment plan something you're seeking as an option for your podiatric treatment?

Here at Podiatry 1st, we know that things can come up at inopportune times, which is why we offer a financing option through Care Credit. This option allows us to treat you while you have the benefit of making payments as opposed to paying for the entire treatment at once, which is especially helpful if you don't have insurance.

We offer a payment plan with 0% interest for the first year so you don't have to worry about a thing, even if you don't have insurance.



CLOSING LETTER FROM DR. JAMES ANDERSON

Dear Friend,

I certainly hope that you've found this report helpful in your search for a podiatrist for yourself, your child, or a loved one. I hope you've also learned how Podiatry 1st can help you with your foot or ankle conditions, typically without surgery.

Because we take a consultative approach, any questions or concerns you may have will be addressed at your initial appointment before you and I, together, decide what treatment options best fit your unique needs and situation. My main goal in writing this report for you was to educate you and help you to understand some of the aspects of choosing a good podiatrist that you may not have realized before. Even if you choose a different doctor, I certainly hope that I was able to provide you with useful information to guide you to your best and most informed decision.

Ultimately, you should feel at ease and trust that your podiatrist will provide you or your loved one with the best possible treatment, so I commend you for doing your research.

Of course there are many more things to know about choosing a podiatrist that I didn't include in this report- in fact, I could have easily doubled it! However, I am confident that the information provided here will help you make the best decision in choosing your podiatrist.

Most importantly, please know that I am always here to answer any questions you may have.

All the Best,

Dr. James Anderson

P.S. When you are ready to schedule your first appointment, please give us a call at 618.277.9533 to speak to one of our friendly team members.

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