



*Care Within Reach*



## Podiatry Services



### **Welcome to Norwalk Community Health Center.**

Since 1999, generations of men and women throughout Fairfield County and beyond have entrusted their health care and the well being of their children and families to us. We take that trust – and your health – seriously. ***Norwalk Community Health Center is rated among the top community health centers in the nation.*** We are dedicated to maintaining the high quality of care we provide our patients – from newborns to seniors – that enriches the lives at every stage and leads our community toward achieving its best possible health.



## Podiatry Services

Norwalk Community Health Services offer podiatry services for patients as young as six months old through seniors with age-related foot disorders.

**Athlete's Foot** - a fungus that usually starts between the toes or on the bottom of the feet and can spread to other parts of the body. The signs of athlete's foot are dry, scaly skin, itching, inflammation, and blisters.

**Bunions** - a condition caused by misaligned big toe joints that can become swollen and tender. The deformity causes the first joint of the big toe to slant outward, and the second joint to angle toward the other toes

**Corns and Calluses** - occur when protective layers of compacted, dead skin cells. Corns ordinarily form on the toes and calluses on the soles of the feet.

**Hammertoe** - a condition that occurs when there is an imbalance of tendons or ligaments that hold the toe straight, and the toe bends abnormally at the middle joint.

**Heel Pain** - often occurs when too much stress is placed on the heel bone or nerves in the area. It can be caused by walking or jumping on hard surfaces, poorly made footwear, and some general health conditions like arthritis, gout, and circulatory problems.

**Heel Spurs** - caused by growths of bone on the underside of the heel bone. Heel spurs are often due to plantar fasciitis.

**Ingrown Nails** - a condition where nails whose corners or sides dig painfully into the skin. They are frequently caused by improper nail trimming, but also by shoe pressure, injury, fungus infection, heredity, and poor foot structure.

**Warts** - caused by a virus that enters the skin through small cuts and infects the skin. Most warts are benign, but they can be painful.

### We treat foot disorders for all ages

Norwalk Community Health Services offers podiatry services for patients as young as six months.



- Children and adolescents as young as six months may need orthotics or treatment for toe walking, out-toeing, warts, athlete's foot, flat feet, and sports-related injuries.
- Adults often experience heel pain, athlete's foot, fungal and deformed toenails, ingrown toenails, corns, calluses, hammertoes, bunions, sports-related injuries, and diabetic foot.



Susan Glasman, DPM

Dr. Susan R. Glasman received a BS in biology from the University of South Florida. She graduated from Des Moines University College of Podiatric Medicine and Surgery with a BS in Medical Science and Doctor of Podiatric Medicine. She did her residency at East Orange VA Hospital. Dr. Glasman has over 30 years of experience with primary care podiatry with over 10 years of experience in community based healthcare. She believes in educating her patients so they can contribute to their foot wellness.

### Norwalk Community Health Center Services Include:

Referral to specialists/community resources as needed • Coordination with Norwalk Community Health Center's dental, pediatric, internal medicine, podiatry, and women's health teams • On-site Pharmacy and Lab

#### Norwalk Community Health Center, Inc

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