

Would you benefit from . . .

routine foot care?

prevention of foot problems?

diabetic foot care?

a podiatrist that specializes in treating seniors?

a doctor who listens to their patients and treats the
whole person, not just their feet?

*If you answered "yes" to any of these questions,
please consider calling Dr. Stepleton
to make an appointment.*

*For outstanding care for the sole . . .
and the rest of the foot and ankle.*

Christian A. Stepleton, D.P.M.
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Foot Notes

◆ Doctors of Podiatric Medicine (DPMs) strive to improve the overall health of their patients by focusing on preventing, diagnosing, and treating conditions associated with the foot and ankle. They treat a variety of conditions and employ innovative treatments to improve the well-being of their patients.

◆ Patients seek the care of a podiatrist for these and other conditions:

**Ankle Injuries • Athlete's Foot • Bone Spur
Bunions • Corns and Callouses
Diabetic Foot Care
Dropped Metatarsals • Flatfoot • Foot Pain
Foreign Body in the Foot • Fungus Nail
Ganglion • Haglund Deformity • Hammertoes
Heel Pain • Heel Spur • Ingrown Toenail
Morton's Neuroma • Orthotics
Peripheral Neuropathy • Plantar Fasciitis
Stress Fracture • Tendonitis • Ulcers • Warts**

Did you know?

◆ An average person takes between 8,000 and 10,000 steps a day, and walks around the world four times in their lifetime.

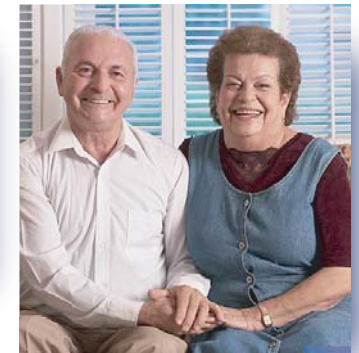
◆ There are 26 bones, 33 joints, 107 ligaments and 19 muscles in one foot.

◆ 25% of the total number of bones in your body are in your feet.

Christian A. Stepleton

Doctor of Podiatric Medicine

Compassionate Foot Care for Seniors



Dr. Christian A. Stepleton



"Dr. Stepleton has been my foot doctor for over a year and a half. She does a great job doctoring – along with being a warm and caring person."

– Donna Garland

"I am a senior and my primary physician recommended that, for health reasons, I should have my foot care, especially toe-nail cutting, done by a professional. I have been very pleased with the care given me by Dr. Stepleton."

– Barbara D. Robinson

"Dr. Stepleton is very personable. She comes to our apartment and is always prompt. I had a very painful little toe, she prescribed surgery, I had it and I have never had another pain. She takes very good care of feet and toe nails. She is a good podiatrist."

– Irene Church



Before becoming a podiatrist in 1987, Dr. Stepleton studied music and education, earning a B.S. in music (French Horn) at Ball State University, a Reading Specialist degree at Augustana College, a Learning Disability Teacher Consultant Certification from Montclair State University, and a M.A. in Special Education from Ball State.

She obtained her podiatric medical degree at New York College of Podiatric Medicine, the nation's oldest and largest college of podiatric medicine.

Since the late 1980's, Dr. Stepleton has practiced podiatry in private practice and at the Friendship Village retirement community, both in Schaumburg Illinois.

"I specialize in palliative care for seniors. Careful evaluation and appropriate treatment are only half the equation - good listening skills and compassion are key in developing the best solution to the problem."

"Proper foot care for a senior like me is very important, especially since hip replacement makes bending nearly impossible."

Dr. Stepleton has been the solution to my needs for the three years during which she makes visits directly to my retirement apartment. She is prompt with her appointments and efficiently takes good care of my toes.

This is a rich blessing in my life ... I depend on her for this very good foot care."

– Lew Kuehm



"Dr. Stepleton is very professional – an expert – very precise and thorough and careful. Very knowledgeable and pleasant. We are very happy with her."

– Ed and Naomi Witz

"As a diabetic, I've had no problems with my feet under Dr. Stepleton's care. She has been my doctor for over eleven years."

– Lois Bullerman

"I have been a patient of Dr. Stepleton for the past eight years. I appreciate the convenience of her visits at my apartment."

– Blanche Dobrenick