

Indiana Podiatry Group, Inc.

August 2009 Newsletter

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“Our Patient’s care and comfort are our first Priority”

What Causes Bunions???

The possible causes of a bunion deformity are numerous and can only be numerically reduced pending a thorough examination by the specialist. Hereditary tendencies for bunions to occur in members of the same family rank high as a potential cause. Another frequent culprit is our manner of walking. In short, the particular mechanics of one’s walking style could be such that abnormal forces, pressures, and anatomical changes could result in a bunion deformity. Various arthritic conditions such as osteoarthritis, rheumatoid arthritis, and gout can also lead to deformities of the first metatarsal joint and a bunion. An important fact to keep in mind is that generally speaking, shoes can aggravate an existing bunion deformity, but will not initially cause one to occur.

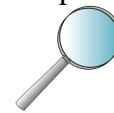
Treatment

The treatment options for bunion deformities include a wide range of therapeutic approaches. An early approach might include shoe modifications, padding, physical therapy, and occasional injection care for the existing symptoms. Functional orthotics or foot supportive devices can, in many cases, reduce the involved abnormal forces. In short, this means that the orthotics might prevent the bunion from worsening and may even reduce any existing discomfort. Surgical correction of the involved deformity is still another viable option and should be discussed thoroughly with one of our foot specialists

Bunions

Bunions are those unsightly enlargements or bumps that occur on the inside areas of your feet. The visible bump actually demonstrates changes in framework of the front section of the foot. With a bunion, the big toe leans toward the second toe, rather than pointing straight ahead. This moves the bones out of alignment, producing the bunion's "bump".

A bunion deformity can cause a wide range of problems for the patient and consequently can involve a varied approach to treatment. An important point to consider in the understanding of this problem is that it is a progressive deformity. In other words, a bunion will, in most cases, worsen with time. No one can predict how fast the deformity will progress or to what extent it will cause debility or symptoms, but most authorities would agree that sooner or later, it will worsen. Bunions, by nature, can cause pain in certain shoes, become a common site for arthritic changes, lead to secondary compensatory problems such as hammertoes or pain in the fat pad area, or they may cause serious aesthetic or shoe wear concerns for certain individuals. Whatever the extent of involvement, a bunion deformity should warrant consideration by the patient and some level of professional evaluation by one of our foot specialists.



*** Your feet mirror your overall health; if your feet are not healthy, chances are the rest of your body is not either!**

Health News: Skin Cancer

Skin cancer is the most common of all human cancers. Some form of skin cancer is diagnosed in more than 1 million people in the United States each year.

Cancer occurs when normal cells undergo a transformation during which they grow and multiply without normal controls.

- As the cells multiply, they form a mass called a tumor. Tumors of the skin are often referred to as lesions.
- Tumors are cancerous only if they are malignant. This means that they encroach on and invade neighboring tissues because of their uncontrolled growth.
- Tumors may also travel to remote organs via the bloodstream or lymphatic system.
- This process of invading and spreading to other organs is called metastasis.
- Tumors overwhelm surrounding tissues by invading their space and taking the oxygen and nutrients they need to survive and function.

Skin cancers are of three major types:

basal cell carcinoma (BCC),

squamous cell carcinoma (SCC)

melanoma.

- The vast majority of skin cancers are BCCs or SCCs. While malignant, these are unlikely to spread to other parts of the body. They may be locally disfiguring if not treated early.
- A small but significant number of skin cancers are malignant melanomas. Malignant melanoma is a highly aggressive cancer that tends to spread to other parts of the body. These cancers may be fatal if not treated early.

Product of the Month:

Formula 3

With the final few days of summer quickly approaching, many people are taking advantage and scheduling their last minute vacations. However, roaming the beach with a discolored, brittle, or chipped nails can be very embarrassing. **Formula 3** is a new product that will cure your fungus nails and make your feet beautiful. Don't be embarrassed; fix the problem.

Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member. Your trust and confidence means the world to us and has helped our practice grow over the years. We'd like to say a very big

THANK YOU!

Meet Our Staff:

Scott L Schulman, DPM
Scott R Kilberg, DPM

Melissa K., Practice Manager
Lee W., Billing Manager
Tina P., Medical Manager
Brit L., Med. Assist
Lindsey B., Med. Assist.
Karen F., Med. Assist.
Jessica B., Med. Assist.
Karen H., Receptionist
Jill Z., Receptionist

We would like to extend a special happy birthday wish for all our patients and friends with an August birthday. We hope each one of you enjoys your special day!

