

Indiana Podiatry Group, Inc.

February 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 that of 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.

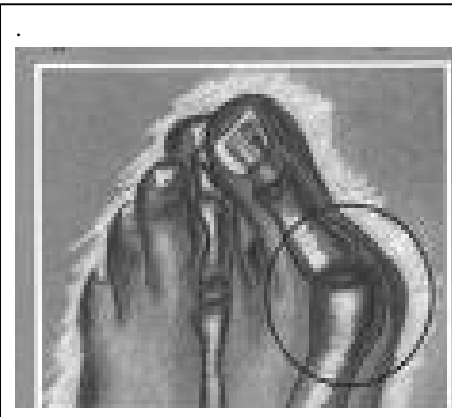
Keep Reading Treatment

The treatment options for bunion deformities include a wide range of therapeutic approaches. An early approach might include shoe modifications, paddings, 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. The bottom line is that a bunion deformity is not a condition to ignore or neglect. A

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.



Symptoms

- Pain or soreness
- Inflammation and redness
- A burning sensation
- Protruding “bump” on foot

Getting Healthy After the Holidays

Helpful Tips

"Doctor, I packed on the pounds over the holidays. What can I do to lose some of this weight? Help!"

Hey, you're not alone. According to nutrition experts, the average American gains **6 pounds during the holidays**. There are a number of excellent & simple things my patients can do to shed pounds. Let's dive right in to some of them...

Start with diet and nutrition! A recent study showed that 2/3rds of all disease is linked to diet. Another study of people diagnosed as obese showed that a better diet would help 82% of them to lose weight.

Change behavior! A study made by the Mayo Clinic found that being overweight was linked to *negative behavioral patterns*. Patterns such as smoking, drinking too much coffee, eating unconsciously, snacking and the like. All these are nothing more than behaviors, and behaviors can be changed.

Begin a light exercise program! The key is to generate positive momentum. How many bites does it take to eat an elephant? One bite at a time. In other words, the task of losing weight can seem daunting. However it's better to just **start**. Do something, anything, to begin making small positive changes in behavior. This small "first step" will bleed over into other areas of your life (i.e. changing negative behaviors, improving self-esteem, etc.) which will only propel you further down the right health path.

- Take an evening walk with a loved one.
- Join the local gym.
- Purchase (or rent) a yoga video
- It's better to just do something, even if it's considered light exercise...

Valentine's Day Fun Facts

Approximately 1 billion Valentine's Day cards are sent each year.

In order of popularity, Valentine's Day cards are given to: teachers, children, mothers, wives, sweethearts, and Koko the gorilla.

Chocolate manufacturers currently use 40 percent of the world's almonds and 20 percent of the world's peanuts.

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!**

With that being said, we are starting a **Care to Share** Program.

We would like to reward you for the friends and family referrals that you send our way! Just fill out the form from our office and give it to anyone who may need to see us. We will credit **you and your referral** \$20.00 toward our podiatry services when this card is presented at their first appointment. Thank you for being such a great patient and trusting us enough to send us your ~~friends and family!!!~~

Let's wish Happy Birthday to the following patients!
Happy birthday to you... happy birthday to you... We'd like to give special recognition to all of the patients who have a February birthday. We have a large patient population with birthdays in February, so unfortunately we cannot list each of you. We hope each one of you enjoys your special day!

Meet Our Staff:

Scott L Schulman, DPM

Scott R Kilberg, DPM

Melissa K., Practice Manager

Jill Z., Receptionist

Lee W., Billing Manager

Brit L., Med. Assist.

Tina P., Medical Manager

Karen H., Receptionist

Lindsey B., Med. Assist.