

# FOOT NEWS YOU CAN USE



Dr. Joel Morse

## *Five Reasons Why Surgery Is The Best Option For Your Bunion*

A bunion is an enlargement of bone that looks like a bump on the inside of the foot near the big toe. It can form on one foot or both. Most bunions eventually become painful from shoe pressure.

When they do start to hurt, there aren't any good options for relief other than wearing wider shoes.

Bunions almost always come from genetics. It's a myth that bad shoes cause bunions. They can start to form as early as the teen years or later in life.

Podiatrists are often asked what the best solution is for a bunion. The best answer might be, "it depends..."

I'm going to share the **5 Most Compelling reasons why surgery might be the absolute best option...**

**Because...** once the pain starts it typically only gets worse. There is little one can do to alleviate bunion pain. Be careful of wearing wider shoes since this can cause other foot conditions. Depending on the climate, it's unreasonable to wear open shoes all the time. Ibuprofen or Aleve can help but there are risks of taking too much of this.

**Because...** bunions get larger with time. Most bunions don't just grow to a certain point and then stop. Not only can they grow to a very large unsightly size, the big toe often deforms towards the next toe. Sometimes it will underlap or overlap the second toe. Usually, the larger the bunion, the greater the pain. It's best not to let it get to this point.

**Because...** a bunion can cause other problems. A bunion can cause the second toe to become deformed. A bunion can cause stress fractures in different parts of the foot. A bunion can cause open sores from rubbing. A bunion can also cause arthritis and gout. These are just a few of the unfortunate conditions that can arise because of a bunion.

**Because...** bunions will deform your shoes. Even small bunions can eventually deform the shoe. Larger bunions definitely wear out the inside of the shoes fast. Trying to buy shoes can be quite a challenge when a large bunion exists. Shoe buying can be an even bigger challenge when one foot is much wider than the other. What's more, it becomes expensive when you're constantly having to replace the deformed shoes.

**Because...** bunions can affect your balance. A bunion does affect the way your foot moves. You can either roll to the inside of the foot or turn the foot outward more to avoid pressure on the bunion. Balance can definitely be an issue. Once this happens, pain can develop in the knee, hip or back. Many people who experience this don't even realize that bunions are the cause.

These are five very compelling reasons why surgery is the best option for a bunion. That being said, we don't recommend surgery for everyone. We have even talked some people out of surgery, especially if they aren't experiencing pain.

If you have a bunion and want to know where you stand, the best first step is to have us evaluate it, take x-rays, and discuss the best options for you.



## *High Alert On Foot Pain...*

The month of May is definitely a time when many people start to get more active.

Taking longer walks, starting to jog outside, or taking a class to look better for summer are common spring activities.

If you hear of someone talking about a foot pain let them know about us and we'll take good care of them.

We have convenient Same Day Appointments for any urgent matters.

Happy Spring!

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