

## Do You have to Live With Bunion Pain? **Not in Houston!**

About 33% of all Americans suffer the pain and unsightly appearance of bunions, and up to 50% of all women have this condition. **Are you one of them?** If so, then you know exactly how much bunions can affect your life. Whether at work or at play, bunions can keep us from living life to its fullest.

But the news is good: **your bunions can be treated successfully.** While bunions were once something that people just had to live with, our office can help you to regain your active and pain-free lifestyle.

### The Causes of Bunions:

Tight-fitting, narrow, and/or high-heeled shoes most often cause bunions. This explains why so many more women get them than men. It is true that bunions can run in families, which is probably due to an inherited weakness in the foot itself. However, most of them are caused by the stresses of **poorly fitted footwear.** Bunions can also form as a result of arthritis-related issues—and when one leg is longer than the other, a bunion can form on the foot of the longer leg.

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## Conservative Options:

Because they are bone deformities, bunions do not resolve by themselves. The goal for bunion treatment is twofold: first, to relieve the pressure and pain cause by irritations, and second to stop any progressive growth of the enlargement. Commonly used methods for reducing pressure and pain caused by bunions include:

- The use of protective padding, often made from felt material, to eliminate the friction against shoes and help alleviate inflammation and skin problems.
- Removal of **corns and calluses** on the foot.
- Changing to carefully fitted footwear designed to accommodate the bunion and not contribute toward its growth.
- **Orthotic devices**—both over-the-counter and custom made—to help stabilize the joint and place the foot in the correct position for walking and standing.
- Exercises to maintain joint mobility and **prevent stiffness or arthritis**.
- Splints for nighttime wear to help the toes and joint align properly. This is often recommended for adolescents with bunions, because their bone development may still be adaptable.

## Surgery:

Depending on the size of the enlargement, misalignment of the toe, and pain experienced, conservative treatments may not be adequate to prevent progressive damage from bunions. In these cases, bunion surgery, known as a **bunionectomy**, may be advised to remove the bunion and realign the toe.

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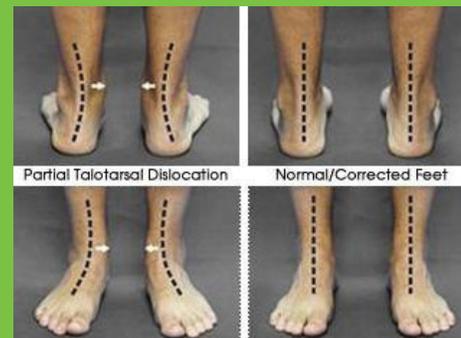
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