



# Everything You Should Know About **BUNIONS**



by **Dr. Sherry Lu**

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# Introductory Letter

## from Dr. Sherry Lu

Dear Friend,

If you are suffering from foot or ankle pain, then you already know how even the slightest discomfort can affect your day-to-day life. At Charlotte Foot Care Associates, we believe foot and ankle pain isn't normal and that no one should have to struggle through their day dealing with issues like bunions. We also believe that with the proper care, this common foot disorder can be resolved, and you can get back to enjoying your life pain-free.

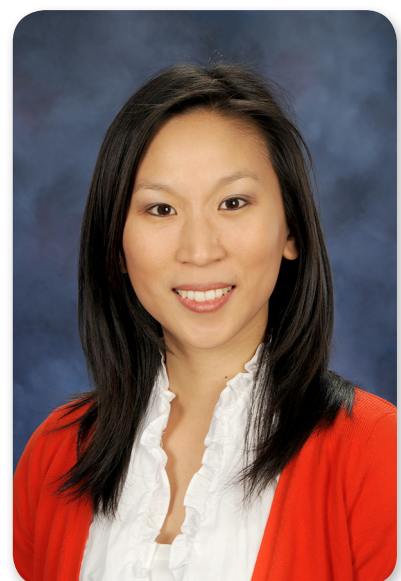
I and my team have helped over 5,000 patients find relief from foot and ankle pain since 2015, and we're confident we can help you, too! As you read this report, you will learn exactly what bunions are, signs and symptoms to look for, the negative effects they can have on your life, and the diagnostic and treatment options available to you at Charlotte Foot Care Associates.

If you find yourself with any unanswered questions by the end of this report, feel free to contact our friendly team - we will be more than happy to answer all your questions. If you have already seen another podiatrist about your foot or ankle pain, I also invite you to contact me for a second opinion before you make a decision regarding treatment – your health and happiness are our main concern at Charlotte Foot Care Associates!

To your happy, healthy feet,

*Dr. Sherry Lu, DPM*

P.S. When you are ready to learn more about bunions and the available treatment options for yourself or a loved one, call us at 704.834.1639 and request your Greater Charlotte Foot & Ankle New Patient Exam.





# What Are Bunions?

Bunions are caused by an underlying problem within the structure of the foot. The progressive disorder begins when the big toe, due to a misalignment in the joint, begins to lean into the other toes. This leaning causes the bony growth of the bunion to form. As the big toe pushes farther into the second toe, the bunion grows, creating discomfort and, as the condition progresses, pain.

Bunions are believed to form due to a genetic defect in the bones of the foot. However, there are some factors that can cause the condition to worsen. The most common causes of the accelerated progression of bunions include:

- Tight or overly-constrictive shoes
- Extended periods of time spent on your feet
- Activities that put excess strain on the feet, such as ballet dancing

Bunions can occur in both children and adults, and can cause pain, an interruption in daily activities, and worse, if left untreated.



# Signs & Symptoms of Bunions

The most common sign of a bunion is a large, bony bump on the outside of your foot at the base of your big toe, but other symptoms can include:

- An in-turned big toe
- Swelling or redness around the joint of your big toe
- Corns or calluses, which can develop where the first and second toes overlap
- Persistent or intermittent pain
- Inability to move your big toe, or restricted movement
- Numbness in the big toe
- Development of thick skin around the base of the toe





# The Effects of Bunions

The formation of bunions can have a negative impact on your daily life in various ways. The bony bump grows slowly over time and can make walking difficult and painful. Some people experience foot pronation, reduced ankle motion and step length, and a decrease in stability when walking, which can lead to falling. Bunions can also decrease the flexibility in your big toe.

Other areas of the body are affected by bunions as well. For example, weakened muscles in the foot can cause weakness in the pelvis and glutes. If left untreated, bunions can lead to an inflammation in the bursa (a cushion for the bone near the joint), commonly known as bursitis. They can also cause chronic pain and arthritis if the cartilage covering the joint becomes damaged. Finding shoes that fit comfortably is an obstacle faced by most people who suffer from bunions.



# How Do I Know if I Have a Bunion?

If you're experiencing the above symptoms, then you may indeed have a bunion. The only way to find out for sure is to contact a podiatrist who will perform the necessary diagnostic tests. Doctors often begin with a physical exam of your foot, and an inquiry into your medical history when trying to diagnose bunions, especially in the early stages of development. If you're experiencing significant pain or if your foot is severely misshapen, an x-ray, ultrasound, or even an MRI will provide a clear picture of your bone structure to your doctor.





# What Are the Treatment Options for Bunions?

Once your podiatrist has confirmed that you have a bunion, preliminary treatment is usually conservative, focusing on providing relief from symptoms. Nonsurgical treatments may include:

- Wearing custom shoes that are stretched or widened to provide more room
- Using bunion pads, splints, or toe spacers
- Inserting custom orthotic devices or shoe pads into your shoes, which help distribute pressure and alleviate pain while you walk
- Avoiding exercise, sports, or other activities that can cause pain
- Applying warm soaks or ice packs, or anti-inflammatory drugs such as Advil or ibuprofen
- Cortisone injections into the toe joint to relieve pain

Although these methods can provide temporary relief, they are not final solutions to the problem. In certain cases, or for bunions that have been untreated for too long, surgery may be necessary. Depending on the severity of your case, a podiatrist will perform a surgical procedure to realign the joint at the base of your big toe, relieve pain, and correct the bone deformity in your foot.



# Don't Live Your Life in Pain

## - Contact Us for an Evaluation

Dear Friend,

I hope you have found this report informative! At this time, I would like to invite you to contact my office with any remaining questions you may have about bunions, signs and symptoms, and available treatment methods. Our friendly, experienced team is here for you!

Also, when you feel ready to take the next step, call Charlotte Foot Care Associates to schedule your Greater Charlotte Foot & Ankle New Patient Exam. Your consultation with Dr. Lu includes a complete physical exam of all podiatry systems such as muscle strength, joints, foot structure, range of motion, arterial and vein systems, wound or rash assessment, and a comprehensive skin analysis. This offer also includes a bonus gift – a Gift Card to our nail boutique! We will take the time to educate you on your options and answer any questions you may have – your happiness and comfort are our top priorities!

Don't live your life struggling with foot or ankle pain - our team is ready to join you on your exciting journey to a pain-free life. Call us at 704-228-1350 today!

To your happy, healthy feet,

*Dr. Sherry Lu, DPM*

P.S. When you are ready to learn more about bunions and the available treatment options for yourself or a loved one, call us at 704.834.1639 and request your Greater Charlotte Foot & Ankle New Patient Exam.







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