

Foot Notes

April 2013

Oregon Foot Care Centers

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Bunion Blues Got You Down?

What is a Bunion?

A bunion is a “bump” on the outer edge of your big toe and forms when the bone or tissue at the big toe joint moves out of place. You may have a bunion if this area of your foot is red, swollen, or painful.

Why Do I Have a Bunion?

Blame your genetics first, but your footwear next! Bunions tend to run in families, specifically among those who have the foot type prone to developing a bunion. If you have flat feet, low arches, arthritis, or inflammatory joint disease, you can develop a bunion.

Footwear choices play a role too! Wearing shoes that are too tight or cause the toes to be squeezed together, like many stylish peep-or pointed-toe shoes, aggravates a bunion-prone foot.

What Can I Do About my Bunion?

If you've noticed the beginnings of a bunion, avoid high heels over two inches with tight toe-boxes. You can also use a bunion pad inside of your shoes to provide some protection.

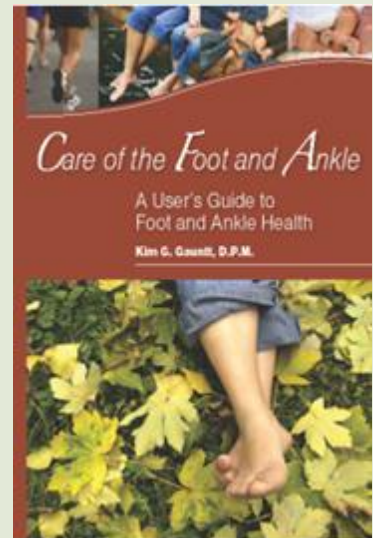
There are several treatment options available, including the following:

- Padding and taping to minimize pain and keep the foot in a normal position, reducing stress and pain.
- Anti-inflammatory medications and cortisone injections can be prescribed to ease acute pain and inflammation.
- Physical therapy can relieve bunion pain. Ultrasound therapy and laser are techniques for treating bunions and their associated soft tissue involvement.
- Orthotics or shoe inserts may be useful in controlling foot function to prevent worsening of a bunion.
- Surgery is an option too. Dr. Gauntt can offer several different surgical options depending on your unique situation.

Courtesy of APMA

Now Available!!

A free book is now available through our website.



Check it out at:

www.OregonFootCare.com

Our book titled “Care of the Foot and Ankle”, written by Dr. Gauntt, is full of information on foot and ankle conditions for you to use and share with friends and family.

As part of April's Foot Health Awareness month, Dr. Gauntt would like to remind those with diabetes to do a daily foot check. Pay attention to color and temperature. Check for cracks or cuts in the skin. Did you know that **85%** of diabetes related amputations are preceded by a non-healing ulcer? If you have any concerns, call our office today.

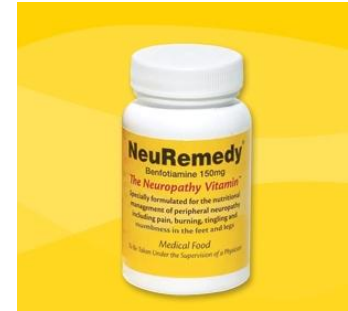
Medical Tip

Anyone aged 45 years or older should consider getting tested for diabetes, especially if you are overweight. If you are younger than 45, but are overweight and have one or more additional risk factors you should consider getting tested.

Source: www.CDC.gov

Do You Have:

**Numbness,
Tingling,
Burning,
Shooting pains...**



Peripheral neuropathy, often referred to as just "neuropathy", is a medical condition in which the nerves that travel from the brain and spinal cord, to other parts of the body, function improperly. People who suffer from this condition commonly experience burning, tingling, numbness and/or shooting pains to their feet, legs or hands.

Oregon Foot Care Centers carries the doctor recommended medical food that nourishes nerves affected by peripheral neuropathy and allows them to conduct impulses more normally.

The active ingredient in NeuRemedy is used worldwide and has demonstrated remarkable results in easing the symptoms of pain, burning, numbness and tingling in patients with peripheral neuropathy.

Give our offices a call today for an appointment to discuss whether NeuRemedy is right for you.

April Special **Biofreeze**

Topical pain reliever

**Buy one, get
one 1/2 off**

Reg. \$13.00 each



Recipe Corner

Slimmed Down Fish Tacos

Ingredients:

- 1 egg
- 1 Tbsp. fat-free milk
- ½ tsp. green hot pepper sauce
- ½ cup cornmeal
- 2 Tbsp. all-purpose flour
- ¼ tsp. ground cumin
- ½ tsp. pepper
- 4 tilapia fillets (4oz. each), cut lengthwise in half
- 4 tsp. olive oil
- 1 can (15oz.) southwestern black beans
- 8 corn tortillas (6 in.), warmed
- 3 roma tomatoes
- 2 cups shredded cabbage
- ½ cup salsa
- ¼ cup minced fresh cilantro
- 1 lime, cut into 8 wedges

Preheat oven to 375 °. In a shallow bowl, whisk egg, milk and pepper sauce. In another shallow bowl, mix cornmeal, flour, cumin and pepper. Dip tilapia in egg mixture, then in cornmeal mixture, patting to help coating stick. Place on a baking sheet coated with cooking spray. Drizzle tops with oil. Bake 15-20 minutes or until fish flakes easily with a fork.

Meanwhile, place beans in a small saucepan; heat through over med-low heat, stirring occasionally. Serve tilapia in tortillas; top with beans, tomatoes, cabbage, salsa and cilantro. Serve with lime wedges.

Per serving: 438 cal., 9g fat (2g sat.), 87mg chol., 567mg sodium, 57g carb., 12g fiber, 34g pro. Adapted from Taste of Home

April
Showers
bring
MAY
FLOWERS



I'm just waiting for people to start asking me to make the rain disappear.
David Copperfield



Keep track of us on all our social media!

