



## The Big Picture on Bunions

Bunions are a common problem of the foot that is progressive and, for many people, a foot problem that can be treated. The biggest issue is that most people with bunions wait for extended periods of time before seeking treatment, which causes a significant deformity of the bones in the front part of the big toe.



The medical term for a bunion is Hallux valgus, and it is most common in women but can also occur in men. Bunions are caused by an inherited formation of the foot that, when combined with the wrong types of shoes, causes the big toe to lean into the next toe while also pushing the joint out, forming a lump.

### Symptoms

Often the first signs of a bunion are blamed on tight shoes or high heels. Typically, most people notice a redness, tenderness and swelling at the joint of the big toe, which may come and go based on the shoes.

Then, if not treated, the top of the big toe may start to push into the next toe, with the bump at the joint becoming more pronounced and painful. It is also not uncommon for people to feel burning or numbness along the big toe and across the swollen area of the foot.

### What to Consider

The good news is that early identification of a bunion provides a range of treatment options that are non-surgical in nature. These include:

- Orthotics that help to realign the foot.
- Changing the shoe type to a lower, flat shoe with a wider toe box.
- Specialized padding can be placed over the bunion to help to reduce irritation and prevent pressure on the toe.
- Reducing the amount of standing and pressure on the bunion can help to allow the swelling to reduce naturally. This is typically done in conjunction with changes in footwear and the addition of orthotics.

In situations where the bunion is significantly causing pain and the deformation of the joint is not responding to treatment, surgery may be required. There are different options to consider, but it tends to be a surgical procedure that has a significant recovery time, which is why non-surgical treatment is usually the first and best choice.

April 2018

Hello! We are pleased to send you this monthly issue of *Foot Prints*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!



### Monthly Joke

#### Brain Teasers

Can you figure out the answers to these riddles?

- What has 13 hearts, but no other organs?
- Though it is lighter than a feather, the strongest man in the world can only hold this for a few minutes. What is it?
- A man shaves at least 10 times a day but still has a beard. How can this be?
- Two fathers and two sons were walking in an orchard. They found three apples and each man took one. How is this possible?
- It loses its head in the morning, but gets it back at night. What is it?

## Family Safety Tips

Keeping your family safe is always a major concern, and the good news is that even in today's world there are a number of simple things you can do to help reduce possible dangers and increase safety.

A good way to help secure your family's safety is by getting to know your neighbors better, whether you live in the suburbs, in an apartment or even in the countryside. Not only does knowing your neighbors make life more pleasant but it can also enhance safety and give you a stronger understanding of your family's surroundings.

If you have young children, limiting the access they have to certain items or areas of your home is crucial. Gates across steps and locks on cabinets are home safety essentials and as your children get older other steps should be taken to prevent unsupervised access to kitchen knives, prescription medicines and cleaning supplies. Kids should also be aware of the potential dangers of home products they may regard as safe, to ensure they make smart choices away from the home.

## Bullet Journaling

College students can find their new lives rather overwhelming at times, with multiple projects, extracurricular activities, work, responsibilities and exams all on the go at the same time. However students may be able to find a new way to inspire them to stay creative, productive and organized with the use of bullet journals.

Those wanting to get into bullet journaling will find no shortage of inspirational ideas for content on the internet with millions of beautiful bullet journal pages from users on the likes of Pinterest and Instagram.

However it is not a good idea to compare your own journal with those of other people and you need to have your own particular objective in mind to maintain your journal, which will inevitably give it a distinctive and unique format.

Bullet journaling can be fun but also help to plan and organize tasks while making it easier for students to manage their time and set objectives to get them where they need to go in life.

## Look and Feel Good with Nutrition

Feeling and looking good tend to be two sides of the same coin, and you will be healthier both inside and out when you take control of your own wellbeing with the use of small everyday efforts that can ultimately have a large impact on your health and appearance.

Beauty hormones can be optimized with particular steps that can help give a boost to your appearance, with features such as hair, nails and skin able to look more radiant, stronger and youthful.

Diet plays a big part in both inner health and outward appearance. Reduce internal and external inflammation by cutting out alcohol, dairy, gluten and sugar and increase your fresh organic produce intake.

Nutritional supplements such as biotin and vitamin C can also help to support the health of your skin and beauty hormones.

Detoxifying your body every day is also a good idea, and can be done by drinking lemon-infused water first thing in the morning to balance the pH levels in the body while getting alkalizing and removing liver toxins.

Detoxification is also supported by regular daily exercise.



## Are your vitamin supplements working for you?

The patented Pharmanex BioPhotonic Scanner is a cutting edge testing tool that non-invasively measures carotenoid levels in living tissue, providing an immediate indication of a person's overall antioxidant levels. Everyone can instantly know their own antioxidant status, empowering individuals to make improvements to their diet and lifestyle, and help them to make an informed decision on which supplements are properly formulated to impact their antioxidant health.



Fixing Feet Institute is now offering this scanner in our office. It is a simple and painless way to know more about your health! In addition to offering the Scanner in our office we have also partnered with Pharmanex to provide you with the highest quality supplements.

Every aspect of Pharmanex is deeply rooted in the science of better health and supporting your efforts to lead a life full of vitality. Pharmanex is the difference, demonstrated—in their research, in their technology, and in their products, because improving your life is our number one concern.

Increase your antioxidant protection by making a commitment to healthy lifestyle changes and supplementing your diet with Pharmanex products. Begin with the LifePak® product that fits your needs, and then choose from an extensive line of the finest nutritional products available. Our staff is available to help you get started to a healthier life.

## The Results Are In – Pain Laser Works!!

We are proud to be on the medical technological forefront by offering Pain Laser Therapy to our patients. MLS Laser Therapy has been cleared by the FDA and proven successful by extensive and credible studies conducted in our country's finest institutions, including Harvard University.



The MLS Laser therapy is a non-surgical method to treat pain without Medication or side effects. Here at Fixing Feet Institute we are now able to use the MLS Laser to treat all kinds of painful lower extremity conditions, such as arthritis, Sprains & Strains, Heel Pain, Tendonitis, Injuries, Wounds, Post-Op Pain, and more.

The MLS Laser works with light energy entering the damaged cells and simulating inter-cellular activity. This reduces pain in the area and speeds recovery of the damaged cells.

MLS Laser therapy is a painless treatment that lasts an average of 8 minutes with a course of treatment being 6-12 sessions. Acute conditions usually subside quickly, typically with one phase of treatments, however chronic conditions can also be controlled with regular treatments. Call our office for more information on how you can live pain free!!

## Weird But True Health Tips

There are many health tips out there that seem rather weird and unlikely but are actually true.



A good example of the “weird but true” health tip is to not brush your teeth straight after having eaten or drunk anything with acid, such as fizzy drinks, citrus fruits and tomatoes.

This might seem a bit strange and even counterproductive to some, but there's actually a good scientific reason for it as the abrasiveness of brushing can result in the acid from these foods attacking the tooth enamel as well as the underlying layer. People should wait to brush their teeth for at least thirty minutes after eating.

Another strange but true health tip is to always make sure the toilet lid is closed before flushing.

The reason for this is that if the toilet lid is up an invisible cloud known as “toilet plume” results, expelling water particles from within the toilet into other areas of the bathroom that can contain microorganisms such as viruses and fecal bacteria.



## April is National Foot Health Month

For many of us, our feet are the furthest things from our minds, both physically and mentally. We expect they'll be uncomfortable at times, and we put up with it when they hurt. But healthy feet are fundamental to the quality of our lives. They are wondrously engineered and often the indicators of our overall health, so we need to look after them.

Feet are complex anatomical structures, all-in-one stabilizers, shock absorbers, and propulsion engines that are instrumental to overall health and well-being. Your feet are excellent barometers for your overall health. Healthy feet keep you moving and active. They are quite literally your foundation. They require expert care.

Be sure you're seeing the most qualified health-care professional to treat your feet. Podiatrists are Doctors of Podiatric Medicine (DPMs). The DPM means a physician has completed years of rigorous foot and ankle training in podiatric medical school and hospital-based residency training, making him or her uniquely qualified to care for this part of the body.

Today's podiatrists are highly trained physicians, surgeons, and specialists focusing on the foot and ankle and should be an important part of your health-care team. They are integral in keeping America moving and vital to diabetes prevention and management.



# FOOTPRINTS

GOOD NEWS AND INFORMATION FOR  
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute  
14823 W. Bell Rd #100  
Surprise, AZ 85374  
623-584-5556  
www.fixingfeet.com

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

APRIL 2018

## Summer Sandals and Flip Flops now in stock

**Vionic** Sandals and Flip Flops combine unparalleled support with a fresh modern design for any occasion. The innovative “Orthoheel” technology helps align the foot from the ground up. At the core of this trusted footwear is the orthotic technology built into every pair. Vionic delivers the support your feet need.



**Telic** is a revolutionary new product with unparalleled comfort. Telic uses a new material called Novalon; a body heat activated, waterproof, feather-light material that is durable, elastic and pillow-soft. Contoured to support the arches of your feet, all styles feature a deep heel cup and great medial arch and metatarsal support.



## April Dates to Remember

April 1<sup>st</sup> – Easter  
 April 4<sup>th</sup> – School Librarian’s Day  
 April 6<sup>th</sup> – Walk to Work Day  
 April 10<sup>th</sup> – Golfer’s Day  
 April 18<sup>th</sup> – International Juggler’s Day  
 April 20<sup>th</sup> – Volunteer Recognition Day  
 April 21<sup>st</sup> – Husband Appreciation Day  
 April 25<sup>th</sup> – Administrative Professional’s Day  
 April 26<sup>th</sup> – Take your Daughter to Work Day  
 April is also: National Foot Health Month  
<https://www.apma.org/>  
 National Autism Awareness Month  
<http://www.autism-society.org/>  
 Cancer Control Month  
<http://www.nationalmssociety.org/>

## Help us fill their bowls and feed some hungry Pets!

During the month of March and April we will be collecting pet food, and other pet items to help pet owners who are facing challenging times, be able to keep and take care of their pets.



The Empty Bowl Pet Food Pantry helps people who have been knocked off their feet because of a job or home loss, illness, or community disaster. They also help Veterans, domestic violence victims, and the Red Cross with pet food and pet items so their pets can stay with them and be taken care of.

We will have collection boxes placed in our reception area. If you would like to donate something other than pet food, you can see their complete wish list on their website at <http://www.emptybowlpetfoodpantry.org/inkind-donation-needs.html> or contact our office.