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### Use it or Lose it! Take advantage of your deductible now!



It's hard to believe, but 2019 is almost over! Our end of the year appointments are filling up quickly and we at **Foot Specialists of Birmingham** like to remind our patients that now is a great time to think about the health of your feet.

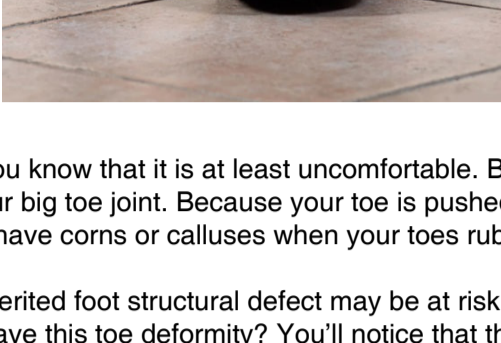
If you have met your deductible, now is the time to schedule your appointment and take action towards a healthy, pain free life. Your insurance may cover orthotics, laser treatment, surgery, and more!

Take advantage of your insurance plan by calling our office today to schedule your appointment with one of our doctors before it's too late. If you are unsure if you have met your deductible, we recommend you contact your insurance provider to determine your remaining allowance for this year.

We thank you for your patronage in the past and look forward to continuing to provide you with exceptional foot care in 2020!

**Call our office today at 205-445-0661 and we will be sure to schedule your next appointment promptly.**

### Do I Need Bunion Surgery?



If you have a bunion, you know that it is at least uncomfortable. But a bunion can also cause major pain in your big toe joint. Because your toe is pushed into an unnatural position, you may also have corns or calluses when your toes rub against footwear.

Those who have an inherited foot structural defect may be at risk of a bunion – does your mother or father have this toe deformity? You'll notice that the outside base of your big toe is red and swollen and usually painful when wearing shoes. Wearing high heels or shoes that are too narrow and tight can cause a bunion too because the big toe pushes against the other toes, forcing the big toe joint to grow larger.

Bunions do not go away by themselves! Without medical counseling and help from a foot doctor, a bunion can worsen and even become incapacitating.

#### Non-invasive, Conservative Treatments Can Relieve Bunions Symptoms

If you notice painful swelling at the big toe joint, please come in for an evaluation!

Although a bunion won't heal itself, there are measures that we will take to slow the bunion's growth and help relieve your discomfort:

- Change your shoes to styles that have lots of room in the toe box to ease pressure on the toes.
- Add padding to shoes to reduce friction and help ease skin irritation and inflammation.
- Remove any calluses and corns carefully.
- Fit you with custom orthotics to help keep the foot in the right position and stabilize the joint.

Home exercises can help maintain joint mobility and prevent stiffness.

For children and teens whose bone development is still flexible, a splint worn at night can help the joint properly align to resolve a bunion.

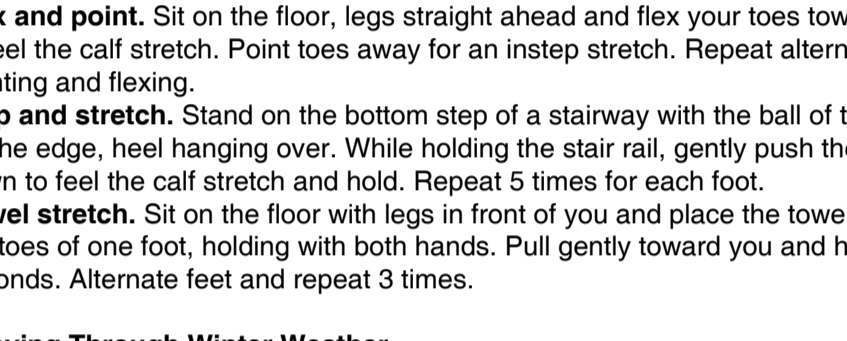
#### When Bunions Surgery May Be Necessary

If conservative treatment doesn't help, we may recommend surgery to resolve the problem. The goal of bunion surgery, called a bunionectomy, is to relieve your pain and correct the deformity, and will be performed with your specific foot and activity level in mind.

You need bunion surgery if the deformity interferes with your daily activities. You probably have serious foot pain even when wearing flat, comfortable shoes.

We'll also discuss surgery with you if your big toe becomes rigid and unable to bend, or if the toe drifts toward the other toes causing even further deformity.

### How to Keep Feet Strong and Flexible in Winter



When winter snow, ice and rain threaten, you can keep your feet flexible and strong with easy indoor exercises.

Keeping your feet strong can help alleviate soreness and improve overall health and flexibility. Exercising and stretching the feet and ankles regularly will help your muscles provide the best support and enhance your balance. And by increasing range of motion of the feet, you may stay active longer.

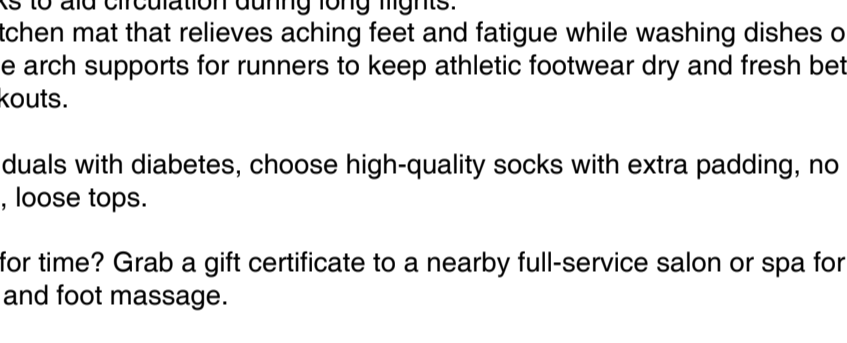
#### Try These Exercises for Foot Flexibility and Strength

- **Toe stretch.** Bend forward and grab your toes. Gently pull upward and stretch your hamstring by trying to straighten your legs. Hold for 20 seconds each time for each leg.
- **Flex and point.** Sit on the floor, legs straight ahead and flex your toes toward you to feel the calf stretch. Point toes away for an instep stretch. Repeat alternating pointing and flexing.
- **Step and stretch.** Stand on the bottom step of a stairway with the ball of the foot on the edge, heel hanging over. While holding the stair rail, gently push the heel down to feel the calf stretch and hold. Repeat 5 times for each foot.
- **Towel stretch.** Sit on the floor with legs in front of you and place the towel around the toes of one foot, holding with both hands. Pull gently toward you and hold for 20 seconds. Alternate feet and repeat 3 times.

#### Keep Moving Through Winter Weather

With your doctor's permission, keep up with your exercise routine. Get creative with a hike in the snow or go back to your childhood with indoor ice skating. When the weather is too wet or slippery, take a stroll around an inside mall.

### Holiday Foot Care Gifts for that Special Someone



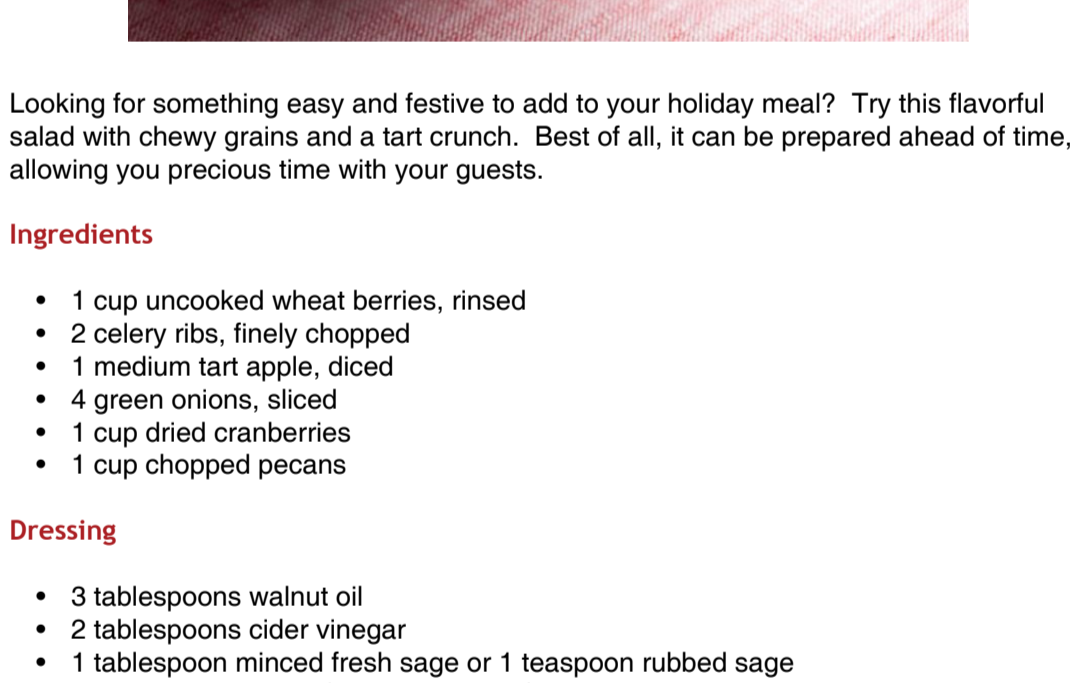
If you are stuck for a gift idea, why not give family and friends the gift of health? Foot health, that is!

Here are some foot care gift ideas that will keep feet feeling good well into the New Year:

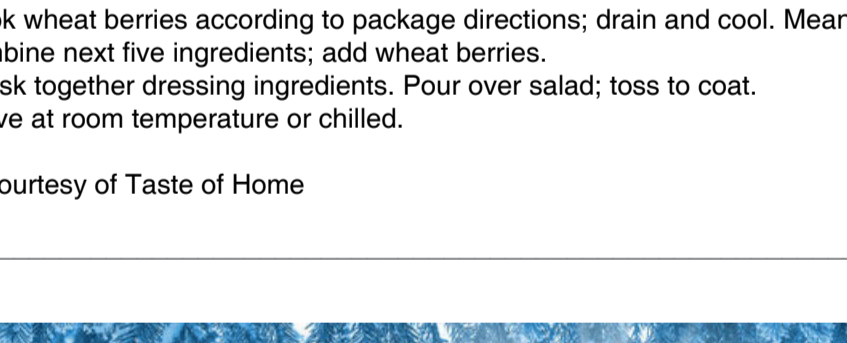
- A set of personal pedicure tools in an attractive zippered pouch.
- Yoga sandals to help with posture and balance.
- A lavish foot care basket packed with rich foot creams and lotions, foot scrub, a loofah sponge and brush and bath crystals.
- A footrest to fit under a desk that can ease tired feet.
- An electric foot warmer to keep cozy on the coldest nights.
- An attractive basket full of colorful nail polishes.
- A foot scrubber that rests on the shower floor – helpful for those with balance problems.
- An electric foot massager. Some models have heating and compression features with multi-function settings.
- A travel foot care kit complete with nail clippers, emery board, blister pads, moisturizer and antibiotic cream tucked into a zippered pouch. Add compression socks to aid circulation during long flights.
- A kitchen mat that relieves aching feet and fatigue while washing dishes or cooking.
- Shoe arch supports for runners to keep athletic footwear dry and fresh between workouts.

For individuals with diabetes, choose high-quality socks with extra padding, no seams and wide, loose tops.

Pressed for time? Grab a gift certificate to a nearby full-service salon or spa for a pedicure and foot massage.



### Recipe of the Month Cranberry-Pecan Wheat Berry Salad



Looking for something easy and festive to add to your holiday meal? Try this flavorful salad with chewy grains and a tart crunch. Best of all, it can be prepared ahead of time, allowing you precious time with your guests.

#### Ingredients

- 1 cup uncooked wheat berries, rinsed
- 2 celery ribs, finely chopped
- 1 medium tart apple, diced
- 4 green onions, sliced
- 1 cup dried cranberries
- 1 cup chopped pecans

#### Dressing

- 3 tablespoons walnut oil
- 2 tablespoons cider vinegar
- 1 tablespoon minced fresh sage or 1 teaspoon rubbed sage
- 2 teaspoons minced fresh thyme or 3/4 teaspoon dried thyme
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 3/4 teaspoon salt
- 1/2 teaspoon pepper

#### Directions

1. Cook wheat berries according to package directions; drain and cool. Meanwhile, combine next five ingredients; add wheat berries.
2. Whisk together dressing ingredients. Pour over salad; toss to coat.
3. Serve at room temperature or chilled.

Recipe courtesy of Taste of Home



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### History FootNote

The word "podiatry" was coined in 1917 by Dr. Maurice J. Lewi of New York. The word comes from the Greek "pod," or foot, and "iatros" or physician.

### Celebrity Foot Focus

The Duchess of Sussex Meghan Markle, former Spice Girl Victoria Beckham and TV producer Oprah Winfrey all suffer from bunions.

### Foot Funnies

😄 Where do foot doctors vacation?  
In the foothills.

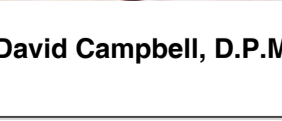
### Trivia

What famous first occurred on the 17th of December, 1903?

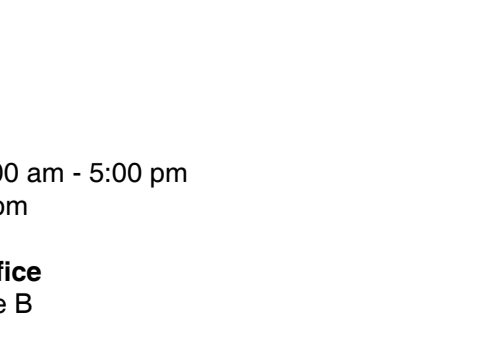
- A. First flight
- B. The first steam engine
- C. The first light bulb
- D. The first person swam the English Channel

Answer: A - First Flight

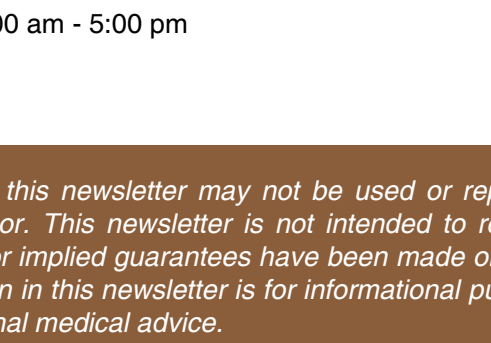
### Follow us...



### Meet Our Doctors



David Linde, D.P.M.



David Campbell, D.P.M.

### Our Offices and Hours

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[www.BhamFoot.com](#)

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