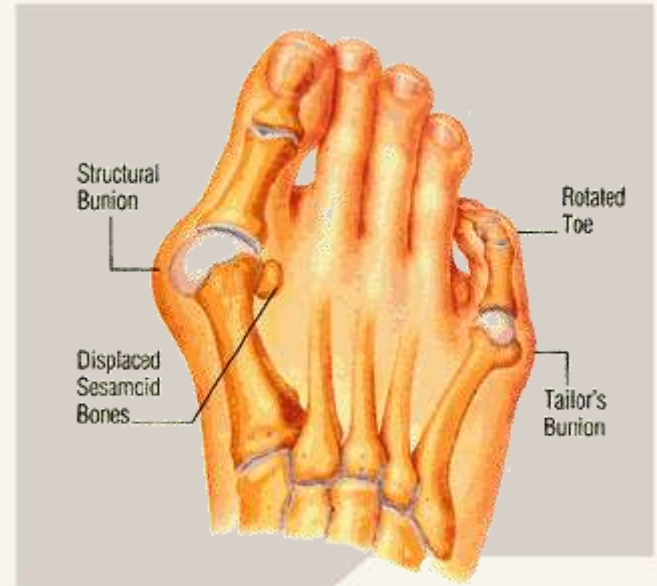


BUNIONS: WHAT ARE THEY?

Bunions are those unsightly enlargements or bumps that occur on the inside areas of your feet. The visible bump actually demonstrates changes in framework of the front section of the foot. With a bunion, the big toe leans toward the second toe, rather than pointing straight ahead. This moves the bones out of alignment, producing the bunion's "bump". A bunion deformity can cause a wide range of problems for the patient and consequently can involve a varied approach to treatment. An important point to consider in the understanding of this problem is that it is a progressive deformity. In other words, a bunion will in most cases worsen with time. No one can predict how fast the deformity will progress or to what extent it will cause debility or symptoms, but most authorities would agree that sooner or later, it will worsen. Bunions, by nature, can cause pain in certain shoes, become a common site for arthritic changes, lead to secondary compensatory problems such as hammertoes or pain in the fat pad area, or they may cause serious aesthetic or shoe wear concerns for certain individuals. Whatever the extent of involvement, a bunion deformity should warrant consideration by the patient and some level of professional evaluation by one of our foot specialists. Bunion surgery is a way to get back your pain free lifestyle.



TREATMENT OPTIONS FOR A BUNION

The treatment options for bunion deformities include a wide range of therapeutic approaches. An early approach might include shoe modifications, padding, physical therapy, and occasional injection care for the existing symptoms. Functional orthotics or foot supportive devices can, in many cases, reduce the involved abnormal forces. In short, this means that the orthotics might prevent the bunion from worsening and may even reduce any existing discomfort. Surgical correction of the involved deformity is still another viable option and should be discussed thoroughly with one of our foot specialists. The bottom line is that a bunion deformity is not a condition to ignore or neglect. A good clinical evaluation is recommended.

DYNAMIC FOOT CARE

MARCH 2010

OUR PATIENTS ARE OUR GREATEST ASSET.



We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member.

Your trust and confidence means the world to us and has helped our practice to grow over the years. We'd like to say a

DYNAMIC THANK YOU!!!!

Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle! We would like to proudly welcome all new patients.

**Thank you for allowing
us the opportunity to
serve you!**

LUCK OF THE IRISH

THANK YOU FOR YOUR
REFERRALS!



HAPPY BIRTHDAY TO YOU!
HAPPY BIRTHDAY TO ALL
THE MARCH BABIES!



Sugar-Free New York Style Cheesecake

Directions Preheat oven to 475 degrees F.

1. Make Crust: Mix crust ingredients together and press into a 10-inch springform pan.
2. Make filling: Beat cream cheese, Splenda ◆ Granulated Sweetener and flour in a medium bowl until well mixed and smooth. Add eggs and egg yolks, beat until smooth. Add vanilla. Scrape sides of bowl. Mix briefly and add heavy cream. Mix until well blended. Pour filling over crust.
3. Bake 10 minutes at 475 degrees F. Turn oven temperature down to 200 degrees F and bake for 1 hour. Turn oven off and leave cheesecake in the oven for one more hour. Cheesecake will be slightly firm to the touch. Let cool 15-20 minutes before placing in the refrigerator. Refrigerate a minimum of 4- 6 hours or preferably overnight before serving.

Ingredients

Crust: 1-1/4 cups graham cracker crumbs

- 1/4 cup Splenda ◆ No Calorie Sweetener, Granulated
- 1/4 cup butter, melted
- 2-1/2 pounds regular cream cheese
- 1-2/3 cups Splenda ◆ No Calorie Sweetener, Granulated
- 3 tablespoons flour
- 5 large eggs
- 2 egg yolks
- 1-1/2 teaspoons vanilla
- 1/4 cup heavy cream

PRODUCT OF THE MONTH



Biofreeze Pain Relieving Gel applied from a tube or pump bottle affords the doctor the opportunity to create a more thorough application by massaging the affected area during application. Through massage the patient benefits from an increased blood flow and warming of the region at the cellular level for better absorption of the Biofreeze Pain Relieving Gel.

DYNAMIC FOOT CARE

www.dynamicfootcare.com

“If your feet aren’t becoming to you, then you should be coming to us.”

Dynamic Foot Care LLC

**554 White Pond Dr. Suite A
Akron, OH 44320
(330) 869-0669**

**Office Hours
Monday 9-5pm
Tuesday 9-5pm
Wednesday 9-5pm
Friday 9-12:30pm**