

## Why do Bunions Develop?

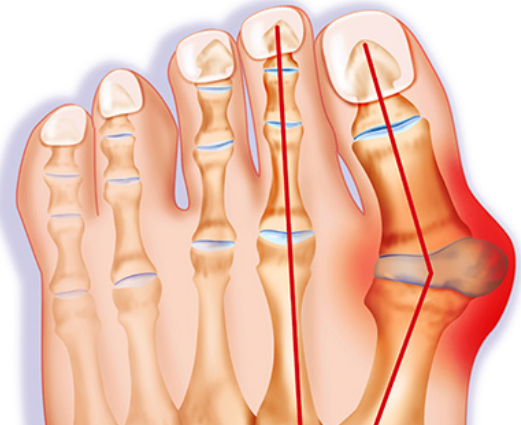
Bunions are one of the most common foot disorders treated by Ankle & Foot Surgeons of the Midwest. In fact, bunions are one of the most common disorders treated by most podiatrists across the country. More than half the women in America have bunions, a common deformity often blamed on wearing tight, narrow shoes. Bunions cause the base of your big toe (Metatarsophalangeal Joint) to enlarge and protrude. The skin over it may be red and tender. This can be acquired through time or it can be congenital (you got it from your family).

Most bunions can be treated conservatively with wider & softer shoes, pads to relieve the pressure and/or medications. If this does not help then surgical treatment is indicated.

LapiFuse is a new type of bunion correction that not only reduces pain and improves mobility, but also protects the natural appearance of your foot and was designed to reduce the likelihood of recurrence (return of bunions).<sup>1</sup> LapiFuse is developed by Wright Medical, the leader in foot and ankle surgery.

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**Learn more about  
the LapiFuse below!**

# ONE SIMPLE PROCEDURE. WELCOME TO “TOES-OUT” LIVING.

**The LAPIFUSE™ Bunion procedure is designed too:**

- **IMPROVED APPEARANCE:** Bunion correction treatment that removes the bunion and preserves toe length to protect the natural appearance of the foot.
- **REDUCED PAIN:** The LapiFuse procedure is designed to reduce pain and the likelihood of future procedures<sup>1,2</sup> by eliminating the bunion and maintaining the alignment achieved during the procedure.
- **INCREASED MOBILITY:** The LapiFuse procedure is specially designed to improve mobility by addressing the issue in the midfoot which preserves the joint movement of the big toe, letting you get back to your active lifestyle.

**What makes the LAPIFUSE™ different from the other procedures?**

Some bunion correction procedures require shortening of the toe and large incisions that can affect how the foot looks, while potentially creating new pain and leading to additional surgical procedures. The LapiFuse Bunion Procedure is designed to preserve toe length, reduce pain, and restore the natural appearance of the foot.

# Welcome

## **Dr. Richard Norlin**

Dr. Richard Norlin has been hired to continue seeing patients at the Watson Rd office. Dr. Norlin completed his Podiatric Medicine degree in 1979 at Illinois College of Podiatric Medicine in Chicago, IL.

Give us a call at (314) 352-5436 to schedule your next appointment!



## FEBRUARY EMPLOYEE'S BIRTHDAYS

8th - Sarah Hermann (Medical Assistant)

27th - Marsha Bret (Medical Assistant)

# Happy Birthday!



# What's New?

## NEW SELF-PAY PRODUCTS Anti-Fungal & CBD Creams



- **Anti-Fungal Cream** - Tolcylen™
- Antifungal / Nail Renewal Solution
- is the first and only antifungal, cosmetic, and nail renewal treatment, all in one product. It is available without a prescription and dispensed exclusively at NextStep Foot & Ankle Centers!
- **CBD Pain Gel** - Canodyne CBD Pain Gel is a fast acting pain relief! It is a verified premium product that combine the power of nature with proven pharmaceutical pain relievers.
- **CBD Capsules** - Canodyne CBD Isolate Gel Cap's are an excellent way to administer pure CBD to the body. Isolate is THC-free without preservatives or additives, just hemp derived CBD that's lab tested for quality and purity.
- **CBD Tincture** - Canodyne CBD Isolate Tincture's are an excellent way to administer pure CBD to the body. Isolate is THC-free without preservatives or additives, just hemp derived CBD that's lab tested for quality and purity.

## FUN FOOT FACT

Compared with fingernails, toenails grow much more slowly — about 1 mm per month, according to the American Academy of Dermatology, whereas fingernails grow an average of 0.1 mm a day. It takes at least five to six months to grow an entirely new toenail.