



My Chicago Foot Expert
Dr. Stavros Alexopoulos
CALL US TODAY: 773-561-8100

Newsletter

Fall 2015

mychicagofootexpert.com

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Bunions: a Painful Condition that Can Be Relieved

Bunions are not just for women who wear tight, pointy shoes. Every day at our practice we see men and women of all ages who are suffering from the pain of bunions.

Sometimes the bone or tissue of the big toe pushes against the next toe because of your gait, arthritis, shoe choice, an injury or even genetics. This misalignment causes a bump, or bunion, to form on the joint. Sometimes a corn or callus will form because of excessive rubbing on shoes.



Relieving Bunion Pain

It's best first to try conservative or non-invasive treatments including:

- Choose shoes with lots of room in the toe box and avoid high heels.
- Apply ice to reduce inflammation and soreness.
- Anti-inflammatory medications like ibuprofen and naproxen can reduce inflammation.
- A cortisone injection will help relieve pain and swelling.
- Custom fitted orthotics or padded shoe inserts will help redistribute foot pressure and prevent growth of a bunion.

Surgery May Be Indicated in Extreme Cases

We will discuss a surgical solution with you if conservative treatments have not worked and your ability to walk or enjoy normal activities is still limited.

There are many types of bunion surgery, but the goal is to return your toe to its correct position to relieve pain. We will discuss all options with you based on your unique situation. Bunion surgery is usually an outpatient procedure.

With many options available, there is no need to suffer from the pain of bunions. Call us today to schedule an evaluation appointment.

Our Office

Main Office
2740 West Foster Ave.
Suite #107
Chicago, IL 60625
Phone: 773-561-8100

Office Hours

Mon: 9:00am - 5:00pm
Tues: 8:00am - 4:00pm
Wed: 12:00pm - 7:00pm
Thurs: 9:00am - 4:00pm
Fri: Closed
Sat: 8:00am - 2:00pm
Sun: Closed

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Avoiding Foot and Ankle Injuries

The average person walks about 7,500 steps each day. Over a lifetime, those steps add up to more than 100,000 miles or about four times around the world!

Adding in exercise and other activities, it's easy to see how important it is to do everything we can to prevent harm to our feet and ankles. Some injuries are unavoidable but you can decrease your risk with these tips:

- Select the right athletic shoes for your foot type and specific sport.
- Warm up and do a few gentle stretches before beginning exercise.
- Condition your muscles by beginning slowly and gradually increasing activity duration.
- Avoid running on uneven or gravel surfaces. Dirt or cushioned tracks are better for feet and legs than concrete or asphalt.
- Listen to your body and stop or modify activity if feet or ankles become painful.



Consult a Foot Doctor for Lasting Pain or Discomfort

Even though you take precautions, you may still experience a foot injury. Mild injuries can be treated with the R.I.C.E. method:

- **Rest** the sore area and take a break from activity.
- **Ice** your foot with a cold pack to reduce swelling. Apply the ice for 10-20 minutes at least 3 times each day.
- **Compress** or wrap the area firmly but not too tightly with an elastic bandage.
- **Elevate** your leg on pillows as often as possible, and try to get it above your heart.

If your pain is severe or if you develop tingling in the foot or any signs of infection, come in to see us right away for a professional diagnosis and treatment.

Fall is a Great Time to Stay Active and Healthy

The weather is beginning to cool down and the days are getting shorter - fall is here! With more invigorating weather it's the perfect time to get moving and get exercising, so try some new fitness activities to maintain good health.



- Are you burnt out on your current walking, biking or running routine? Try some thing new like in-line skating or kayaking.
- Try to stay outdoors to enjoy cooler temperatures and foliage changes. Look beyond your local high school track for a change of scenery at nearby park trails.
- Chores count! Get your heart pumping by raking out leaves and increase flexibility while pulling weeds.
- Bring along a friend for encouragement and conversation. Get a group together for a basketball pick-up game challenge.
- Have fun with your dog by tossing a Frisbee or ball.

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History Footnote

Nineteenth century Swiss surgeon Jacques-Louis Reverdin recognized that bunions are a bone deformity rather than a soft tissue enlargement and performed the first bunionectomy in 1881.

Celebrity Foot Focus

Talk show host Kelly Ripa and husband actor Mark Consuelos each injured their left foot within a few days of each other. Although she broke her foot in a dance class by landing on a hand weight, and he during a workout, they are wearing matching medical boots while healing.

....continued from page 2 **Fall is a Great Time to Stay....**

- Stay safe as the days get shorter by carrying a flashlight and wearing reflective strips on clothing and shoes.
- Learn something new! Check out classes at your local fitness club, YMCA or senior center like Zumba, tai chi and boxing.

The important thing is to keep moving to boost energy and reduce stress. Regular exercise helps you sleep better, maintains bone strength and strengthens muscles. Fall is a great time to make an investment in your health by staying active and healthy.

Recipe of the Month

Vegetarian Spaghetti Squash Boat



Ingredient

- 1 small spaghetti squash approx. 5-6 cups (raw)
- 1 teaspoon olive oil
- 1/2 medium yellow onion, diced
- 1/2 medium red bell pepper, diced
- 1 tablespoon minced garlic
- 1/2 teaspoon Italian seasonings
- 1 cup sliced mushrooms
- 1 cup broccoli florets
- 1 cup canned black beans, rinsed and drained
- 1/2 cup low fat cheddar cheese
- Salt and pepper to taste

Directions

Preheat oven to 375 degrees F.

Cut spaghetti squash in half from top to bottom. Scoop out seeds and place flesh side down in large microwave safe bowl. Microwave for 7-8 minutes; allow to cool.

Meanwhile, heat olive oil in cast iron skillet and sauté onions, peppers, garlic, and mushrooms together until softened. Season to taste with salt, pepper, and Italian seasonings.

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Trivia

What's the best water temp for soaking tired feet?

- a) Extra-hot
- b) Warm
- c) Cold
- d) Alternating cold and warm

Answer: "d"

Explanation: Swelling in the feet is best relieved by alternating several times between cold and warm water 15 minutes with each temperature. The alternating temperatures constrict and dilate the blood vessels that helps reduce swelling. For an added measure of effectiveness, add Epsom salts to the water.

Joke of the Month



A mother complained to her doctor about her daughter's strange eating habits. 'All day long she lies in bed and eats yeast and car wax. What will happen to her?' 'Eventually,' said the doc, 'she will rise and shine.'

....continued from page 3 **Recipe of the Month**

Stir in broccoli and cook for a few minutes to bright green in color. Stir in black beans; remove from heat.

Once spaghetti squash is cool enough to touch, carefully use a fork to scrape out spaghetti squash strands and transfer to a bowl.

Toss spaghetti squash with cooked veggies and 1/4 cup cheddar cheese.

Pour spaghetti squash mixture into spaghetti squash skins and top with remaining cheese.

Bake in the oven at 375 degrees F for 8-10 minutes until cheese melts.

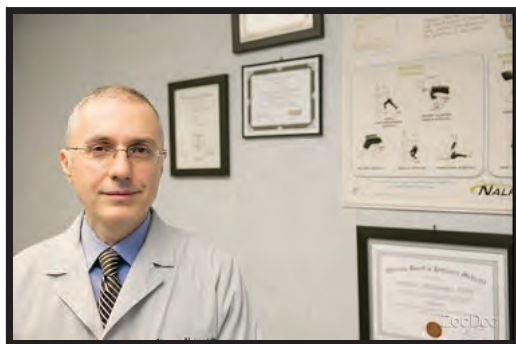
Recipe Courtesy of: MyFitnessPal.com



Main Office

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Meet our Doctor



Stavros Alexopoulos, DPM

**Don't Let Your Foot Pain
Keep You From Enjoying
Life!**

**Call us today for your appointment
(773) 561-8100**

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