

Mayo Clinic Medical Edge

Morton's Neuroma

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	MOST OF US TAKE OUR FEET FOR GRANTED, UNTIL THERE'S A PROBLEM. LIKE THE SHARP, SHOOTING OR BURNING PAIN OF MORTON'S NEUROMA.
Steven Kavros, D. P.M. Track 1 (12:52)	"A NEUROMA MEANS NERVE TUMOR, BUT IT'S REALLY NOT A TUMOR."
	AND IT'S NOT CANCEROUS SAYS MAYO CLINIC FOOT SPECIALIST DR. STEVEN KAVROS. INSTEAD, IT'S A BUILD UP OF INFLAMMED NERVE TISSUE USUALLY LOCATED BETWEEN THE THIRD AND FOURTH TOE. THE CONDITION IS FIVE

	TIMES MORE COMMON IN WOMEN THAN MEN. WHY?
Dr. Kavros Track 1 (13:55)	“TYPICALLY BECAUSE OF HIGHER HEELS, MORE PRESSURE ON THE FOREFOOT, A TIGHTER TOE BOX. A HIGHER HEEL SQUEEZES THE FOREFOOT TOGETHER AND THE NERVE BECOMES INFLAMED.”
	SIMPLY CHANGING TO SHOES WITH LOWER HEELS AND A LARGER TOE BOX ALONG WITH CUSHIONING PADS WILL HELP MANY PATIENTS. IF THOSE CONSERVATIVE TREATMENTS DON’T WORK, STERIOD INJECTIONS CAN HELP CALM THE INFLAMMATION. FOR VERY SEVERE OR PERSISTANT PAIN, SURGERY MAY BE AN OPTION.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.
