

Mayo Clinic Medical Edge

Bunions

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	BUNIONS. THE NAME MAY SOUND A LITTLE FUNNY, BUT THEY'RE NO LAUGHING MATTER. BUNIONS OCCUR WHEN THE FIRST METATARSAL—THE LONG FOOT BONE THAT LEADS TO YOUR BIG OR GREAT TOE—TURNS TOWARD THE OTHER FOOT. AT THE SAME TIME...
Steven Kavros, D. P. M. Track 1 (18:30)	"THE GREAT TOE GOES THE OTHER WAY. IT PUSHES TOWARDS YOUR FIFTH TOE."
	THE RESULT, SAYS MAYO CLINIC DR. STEVEN KAVROS, IS A BONEY BUMP ON THE INSIDE OF THE

	<p>FOOT AT THE BASE OF THE BIG TOE. FOR SOME PEOPLE IT CAN CAUSE A LOT OF PAIN. YOUR CHOICE OF SHOES CAN AGGRAVATE THE PROBLEM. HIGH HEELS OR SHOES WITH A TIGHT TOE BOX PUTS ADDED PRESSURE ON THE AREA. THAT'S WHY THE FIRST LINE OF TREATMENT IS...</p>
<p>Dr. Kavros Track 1 (19:20)</p>	<p>“SHOE THERAPY. WIDEN THE TOE BOX, LOWER THE HEEL. INSERTS, CUSHIONING UNDER THE JOINT CAN PROVIDE SOME SYMPTOMATIC RELIEF.”</p>
	<p>SURGERY IS ONLY A CONSIDERATION AFTER ALL OTHER TREATMENT EFFORTS FAIL.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>

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