

Relief

FOR YOUR FEET

“Oh, those beautiful shoes.” Do you wish you could wear them, then sigh and say, “But not with these bunions?” Well, relief may be in sight. Just ask Kim Falk of Milford.

Falk, in her 40s, had suffered with bunions for half her life, but because they were on the top of her foot, she didn't know they were bunions. Worse yet, she plays

**Approximately
5.2 million
people in the
U.S. suffer
from bunions.**

a lot of sports, especially hockey, and the skates were especially painful.

In 2010, she was referred to Sinai-Grace podiatrist Dr. Harvey Lefkowitz

and in January of 2011, he corrected both feet and changed Falk's life.

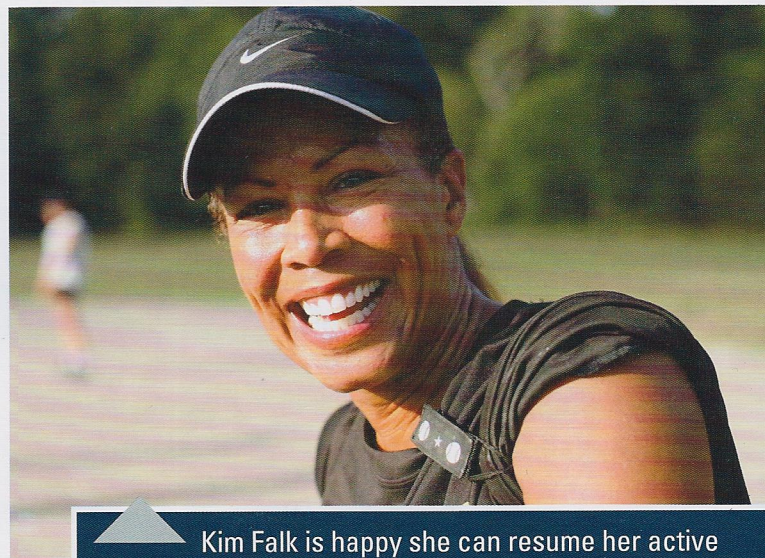
“I feel good, I feel comfortable,” she said. “I can run! I'm a short person, and now I can wear heels. I can buy any shoe and it doesn't hurt.”

“Pain may come and go, which can make it difficult to diagnose the problem,” Dr. Lefkowitz said. “If the painful spot gets red and if the foot swells, even just occasionally, it's time to see a doctor. That's especially true for diabetics, who don't always feel pain in their feet.”

“Injury, arthritis or even a rare form of psoriasis can cause bunions,” said Dr. Lefkowitz, who has treated

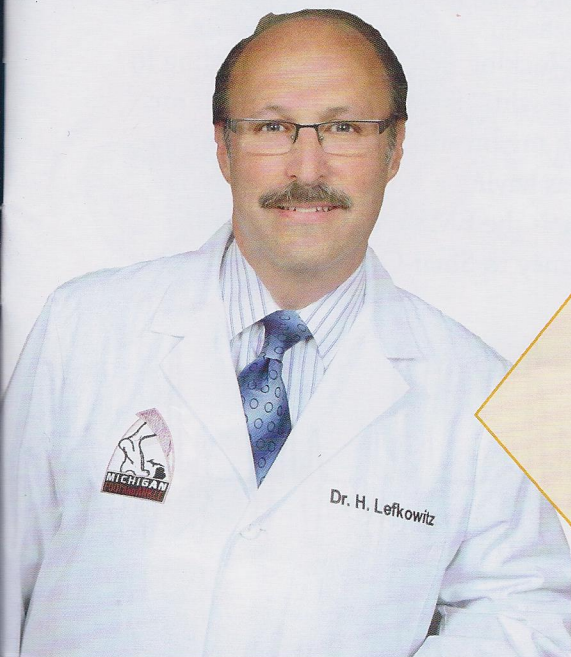
more than 50,000 people. Patients may need treatment for the underlying disease, as well as the bunion.

And what if you've spent years fearing the solution? “Bunion procedures have come a long way,” Dr. Lefkowitz said. A surgical procedure called a bunionectomy removes the bunion and restores normal alignment to the joint. “What used to be inpatient is now an outpatient procedure, which means you go home the same day and you're back to work in a few days.”



Kim Falk is happy she can resume her active lifestyle after receiving corrective surgery on both of her feet.

If you suffer with a bunion problem, talk to your doctor, or call **313-966-4800** for a referral to a Sinai-Grace podiatrist who can provide you relief.



**“Foot pain is not normal. You should have none.
Not a little, not some. None.”**

– Dr. Harvey Lefkowitz
Sinai-Grace Hospital Podiatrist