

## Good news for Bunion Blues at Michigan Foot and Ankle of Ferndale



More than five million people in the United States suffer from bunions annually, but you don't have to be a statistic. What's more, you don't have to undergo a permanent, life-altering surgical procedure to assuage the pain and discomfort bunions can cause.

The specialists at Michigan Foot and Ankle in Ferndale, Milford and Commerce Township are using a different approach to help their patients beat the dreaded "bunion blues."

Bunions usually start with family history, a foot injury or the ensuing onset of arthritis in your feet. Eventually, those besieged by bunions find it difficult to move as they once did without pain. Beloved activities become arduous or impossible. You may notice swelling around the joint in your big toe, and shoes that once fit comfortably no longer do.

"I went to a couple different orthopedic surgeons and their advice was, you need to fuse these two bones together," one Michigan Foot and Ankle patient said recently.

The woman, an attorney in her 40s who stays active year round, said the resulting irreversible limited mobility from the fusion procedure would have been "unacceptable." Thankfully, a family friend who is also a prominent out-of-state foot surgeon referred her to Dr. Harvey Lefkowitz at Michigan Foot and Ankle.

"He said from the get go, 'There's a more modern approach that is going to get you a better result with less drawbacks than a fusion, and he was right,'" she said.

Dr. Lefkowitz, along with doctors Stock, Ward, Jupin and Mastrogiacomo at Michigan Foot and Ankle's Ferndale, Milford and Commerce locations provide an alternative solution involving the placement of a joint implant that permits a full range of motion and cuts the recovery time. It also leaves the option of a fusion open in the future, should the need arise.

"She was back in shoes in three weeks," Dr. Lefkowitz said. "Fusions might take two or three months. It requires a lot of hardware, and while I'm not saying a fusion is never needed, given her age and activity level, this was a much better option."

Michigan Foot and Ankle's doctors are highly skilled in reconstructive foot and ankle surgery, with staff privileges at the Detroit Medical Center, Providence Hospital and Beaumont. The Ferndale office has been open for 36 years.

Finding a specialist to help you break free from the burden of bunions is something Dr. Lefkowitz's recent patient recommended without hesitation.

"I would say they should seek a specialist, absolutely. That's exactly the advice that was given to me," she said. "And they should do it right away. I tried a ton of other things, including waiting it out and hoping it gets better. I told Dr. Lefkowitz when I left his office, I should have done this years ago."

Michigan Foot and Ankle's Ferndale office is located at 641 W. Nine Mile Road, inside of the Ferndale Professional Building. For more information or to schedule a consultation, call (248) 548-7363 or visit [www.michiganfootandankle.com](http://www.michiganfootandankle.com).



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