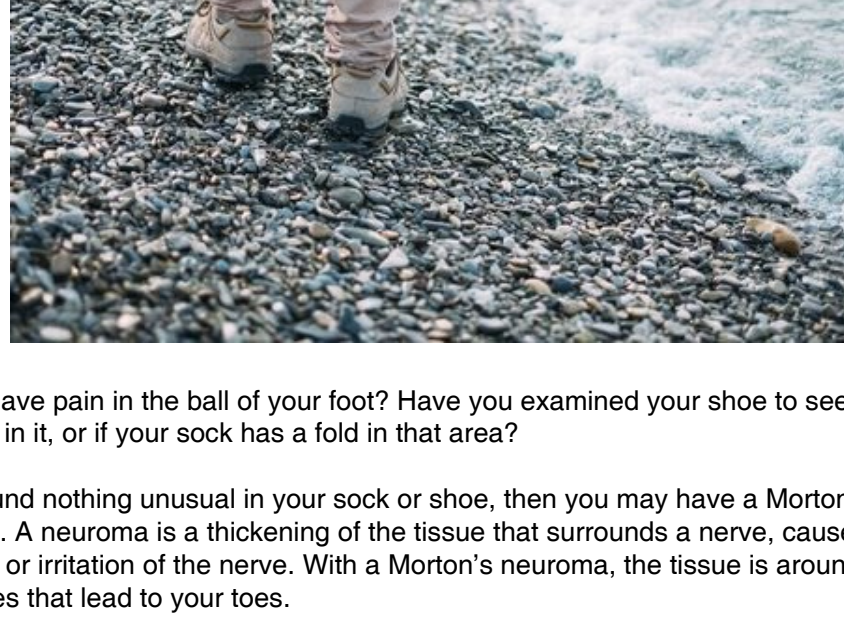




### In This Issue...

- No, That's Not a Pebble in Your Shoe!
- What Are Orthotics? Frequently Asked Questions
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### No, That's Not a Pebble in Your Shoe!



Do you have pain in the ball of your foot? Have you examined your shoe to see if there is a pebble in it, or if your sock has a fold in that area?

If you found nothing unusual in your sock or shoe, then you may have a Morton's neuroma. A neuroma is a thickening of the tissue that surrounds a nerve, caused by pressure or irritation of the nerve. With a Morton's neuroma, the tissue is around one of the nerves that lead to your toes.

The pain you experience in the ball of your foot with a Morton's neuroma can be sharp and burning. You may also feel pain in your toes or they may feel numb. There usually will not be any sign of the neuroma on the outside of your foot such as a bump.

You may be more at risk for a neuroma if you:

- Wear high heels or tight shoes that place pressure on the toes and ball of the foot.
- Run, jog, or participate in sports with tight shoes such as skiing and skating.
- Have a foot deformity such as hammertoe, bunion, flat feet or high arches.

#### Diagnosing and Treating Morton's Neuroma

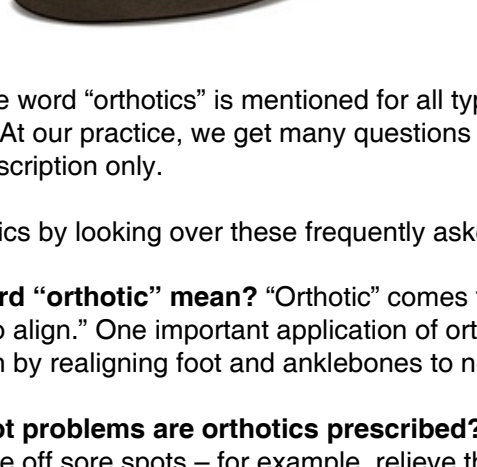
For persistent pain in the ball of your foot, please come and visit us! To diagnose your foot problem, we will feel for a tender spot on your foot. An X-ray can rule out any broken bone or stress fracture, while other imaging tests including ultrasound and MRI can reveal a soft tissue abnormality.

Treating a Morton's neuroma depends on the patient's symptoms. We will first try non-invasive methods such as a custom-fitted orthotic insert. An orthotic can help relieve pressure from the area to promote healing.

Treatments that are more aggressive include steroid injections into the area. If surgery is indicated, we will discuss the best surgical approach for your particular situation.

Don't suffer from foot pain! We can help relieve the discomfort of a Morton's neuroma – just give us a call!

### What Are Orthotics? Frequently Asked Questions

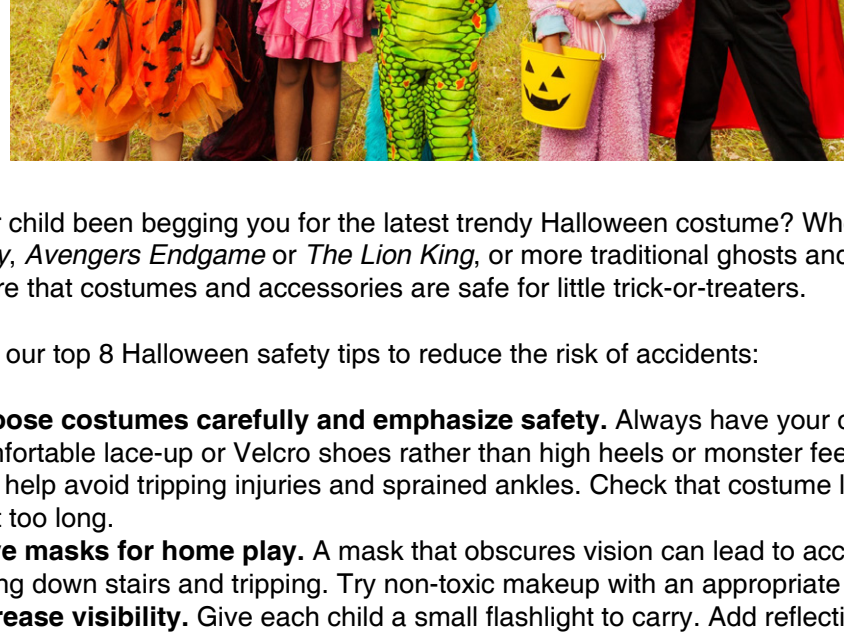


Puzzled by how often the word "orthotics" is mentioned for all types of foot problems? Well, you are not alone! At our practice, we get many questions on these special devices that are available by prescription only.

Learn more about orthotics by looking over these frequently asked questions:

- **What does the word "orthotic" mean?** "Orthotic" comes from Greek and means "to straighten" or "to align." One important application of orthotics is restoring natural foot function by realigning foot and anklebones to neutral positions.
- **For what other foot problems are orthotics prescribed?** Orthotics can help redistribute pressure off sore spots – for example, relieve the ball of the foot in cases of Morton's neuroma. These custom-made inserts can also help Achilles tendonitis, metatarsalgia, ankle sprains, flat feet, arch pain, heel pain and plantar fasciitis, bunions and over-pronation.
- **Can you wear orthotics all day?** During sports? Yes! We encourage you to wear your orthotics as much as possible, especially during sports and workouts.
- **Are there different types of orthotics?** Yes. Rigid or functional orthotics help biomechanical problems and ease foot aches as well as pain in the legs and lower back. A soft or accommodative orthotic is made from materials that compress to provide cushioning for painful conditions like plantar fasciitis.
- **Are orthotics expensive?** Orthotics cost more than generic shoe inserts that you can find in retail establishments, but they are custom-fitted specifically for your feet. They are also made of more durable materials.
- **How do I know if orthotics will help me?** Just give us a call! We will evaluate your foot health and assess how custom-fitted orthotics can help your foot problem. You can be measured right here in our office.

### Put Safety First this Halloween



Has your child been begging you for the latest trendy Halloween costume? Whether it's *Toy Story*, *Avengers Endgame* or *The Lion King*, or more traditional ghosts and witches, make sure that costumes and accessories are safe for little trick-or-treaters.

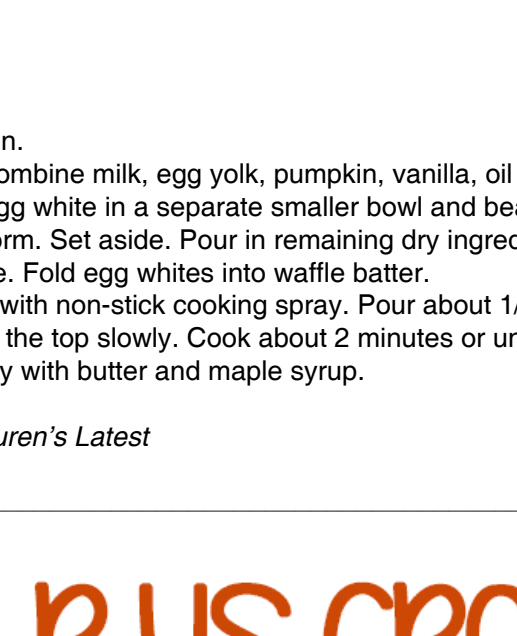
Here are our top 8 Halloween safety tips to reduce the risk of accidents:

1. **Choose costumes carefully and emphasize safety.** Always have your child wear comfortable lace-up or Velcro shoes rather than high heels or monster feet. These can help avoid tripping injuries and sprained ankles. Check that costume length isn't too long.
2. **Save masks for home play.** A mask that obscures vision can lead to accidents like falling down stairs and tripping. Try non-toxic makeup with an appropriate hat.
3. **Increase visibility.** Give each child a small flashlight to carry. Add reflective tape to costumes and treat bags.
4. **Never trick-or-treat alone.** If you allow your tween or teen to go with friends, make sure she stays with the group and only visits those homes with lights displayed inside and out.
5. **Discuss plans in advance.** Sit your child down for a serious conversation about safety. Know the route in advance. Make sure their cellphones are fully charged and be firm about your curfew.
6. **Avoid distracted walking.** Children and teens walking while staring at cellphones invite injuries. Pay attention when crossing the street.
7. **Never go into a stranger's car or home.** Instruct your child on safe behavior on Halloween and every day.
8. **Ask your child to save treats for home.** When they arrive home, examine their hoard and discard anything unwrapped or that looks suspicious.

Learn more about Halloween safety from [SafeKids.org](http://SafeKids.org).

Happy Halloween!

### Recipe of the Month Whole Wheat Pumpkin Waffles



Fall flavors abound in these pumpkin waffles! A great option for a leisurely Sunday breakfast or freeze them to eat through the week.

#### Ingredients

- 1 cup milk
- 1 egg, separated
- 1/2 cup plain pureed pumpkin
- 1/2 tsp vanilla extract
- 3 Tbsp canola oil
- 2 Tbsp brown sugar
- 3/4 cup whole wheat flour
- 1/2 cup all-purpose flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg

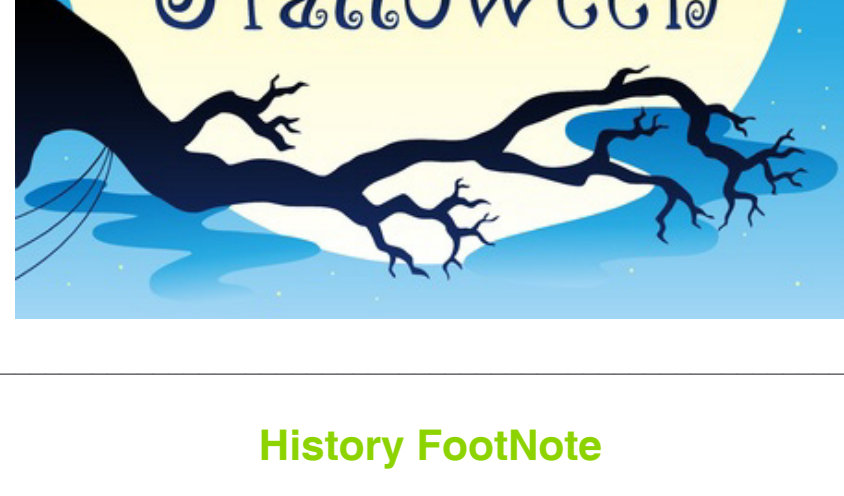
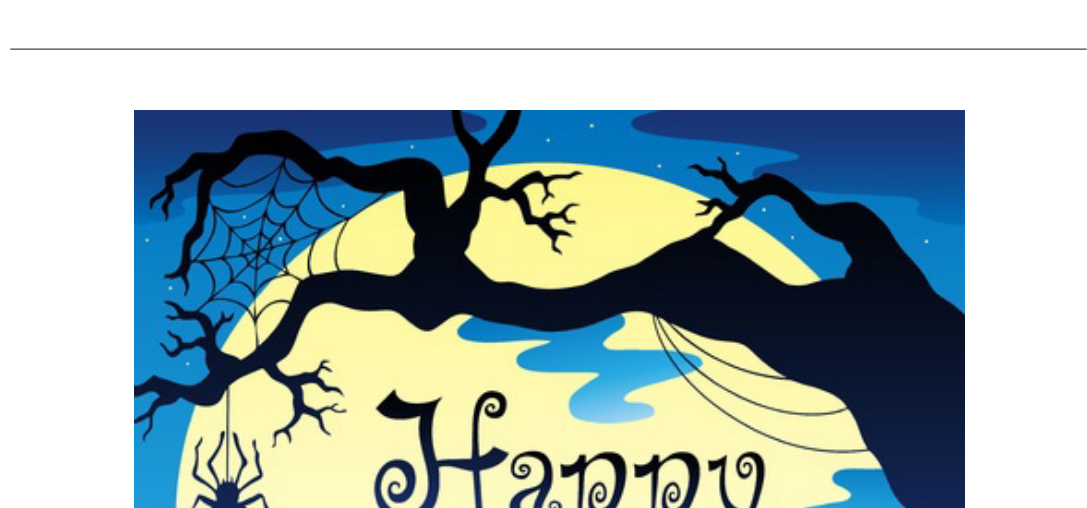
#### Directions

1. Preheat waffle iron.
2. In a large bowl, combine milk, egg yolk, pumpkin, vanilla, oil and brown sugar together. Place egg white in a separate smaller bowl and beat with a hand mixer until firm peaks form. Set aside. Pour in remaining dry ingredients to the wet and slowly incorporate. Fold egg whites into waffle batter.
3. Spray waffle iron with non-stick cooking spray. Pour about 1/2 cup of batter onto waffle iron. Close the top slowly. Cook about 2 minutes or until waffles are crispy.
4. Serve immediately with butter and maple syrup.

Recipe courtesy of Lauren's Latest

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### History FootNote

Thomas George Morton, for whom Morton's Neuroma is named, was one of the first physicians to remove an appendix after a correct diagnosis – with the patient surviving.

### Celebrity Foot Focus

Aerosmith rocker Steve Tyler, tennis champ Lindsay Davenport, actor Patrick Duffy and San Francisco Giants Evan Longoria all suffer from Morton's neuroma.

### Foot Funnies

What did the zombie say to the shoe salesperson? Get me feet that will fit these shoes.

### Trivia

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

- A) Extra-hot
- B) Warm
- C) Cold
- D) Alternating cold and warm

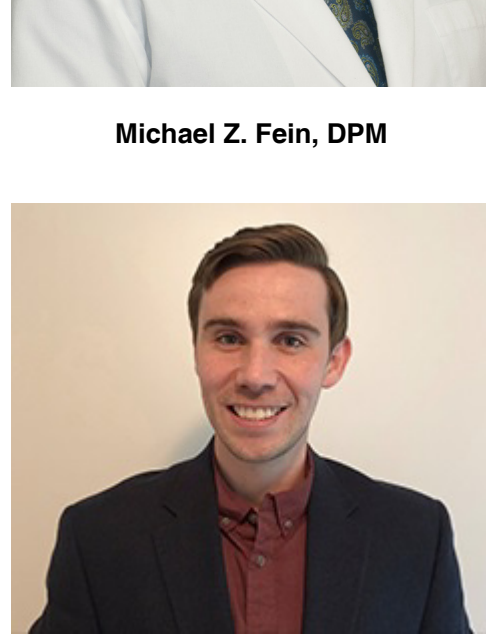
Answer: D.

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.

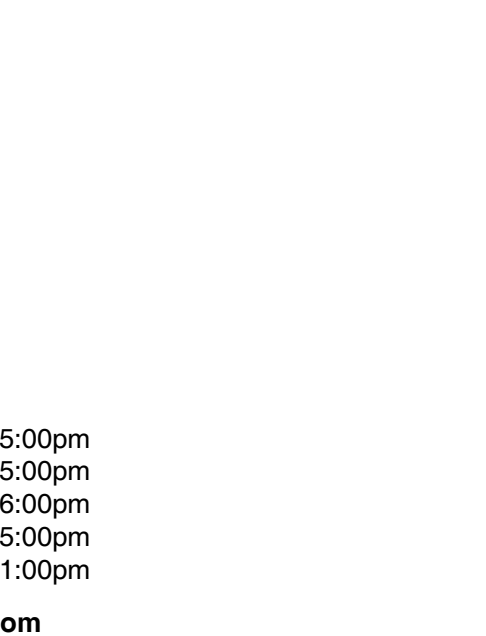
### Follow us...



### Meet Our Doctors



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Thursday: 9:00am - 5:00pm  
Friday: 8:00am - 1:00pm

[www.BethelPodiatry.com](http://www.BethelPodiatry.com)

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