

# MITCHELL WACHTEL, D.P.M.

PODIATRIST MERRIMACK VALLEY



Newsletter for Dr. Mitchell Wachtel - March 2011

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*"We cater to cowards and treat you like family."*

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## Bunions

Bunions are those unsightly enlargements or bumps that occur on the inside areas of your feet. The visible bump actually demonstrates changes in framework of the front section of the foot. With a bunion, the big toe leans toward the second toe, rather than pointing straight ahead. This moves the bones out of alignment, producing the bunion's "bump". A bunion deformity can cause a wide range of problems for the patient and consequently can involve a varied approach to treatment. An important point to consider in the understanding of this problem is that it is a progressive deformity. In other words, a bunion will, in most cases worsen with time. No one can predict how fast the deformity will progress or to what extent it will cause debility or symptoms, but most authorities would agree that sooner or later, it will worsen. Bunions, by nature, can cause pain in certain shoes, become a common site for arthritic changes, lead to secondary compensatory problems such as hammertoes or pain in the fat pad area, or they may cause serious aesthetic or shoe wear concerns for certain individuals. Whatever the extent of involvement, a bunion deformity should warrant consideration by the patient and some level of professional evaluation by one of our foot specialists.

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### OUR OFFICES:

#### North Andover Office

451 Andover Street  
Suite 300  
North Andover, MA 01845  
(978) 794-8406



#### Bradford Office

145 Ward Hill  
Bradford, MA 01835

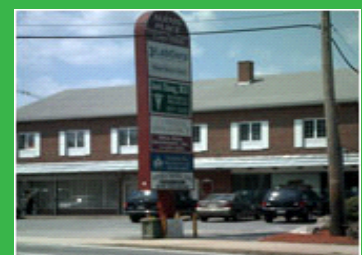


#### Methuen Office

60 East Street  
Methuen, MA 01844

#### Lowell Office

704 Rogers Street  
Lowell, MA 01852



## What Causes Bunions?

Improper footwear and heredity are the main causes of bunions.

1. Improper Footwear– Tight or small shoes can causes bunions, especially in women. Many more women experience bunions than men, mostly due to foot wear including high heels, tight flats, or too small shoes.
2. Heredity – Bunions can be caused from heredity.

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## Treatment

The most common and easiest ways to treat bunions are proper shoe wear. You need to allow your foot the space it needs. Some people assume they need to choose health or comfort...nowadays you can have both!

Our qualified staff will fit you for a shoe specific to your foot.

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### Symptoms

- Pain or soreness
- Inflammation and redness
- A burning sensation
- Protruding "bump" on foot

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## Head to Toe Physical Therapy

We are pleased to introduce our new physical therapy department, Head to Toe Physical Therapy. We provide all forms of physical therapy for the entire body. Please welcome our physical therapist Suzanne Pierri, P.T., and physical therapy assistant Deb Foster, PTA. They are looking forward to healing your pains. Our physical therapy services are offered at our North Andover and Lowell locations. Just call for an appointment.

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## Exciting news on OPC-3... It's Amazing!

1. Demonstrates anti-inflammatory activity
2. Helps maintain healthy cholesterol levels
3. Helps maintain healthy circulation by strengthening capillaries, arteries and veins
4. Helps maintain joint flexibility
5. Helps promote cardiovascular health
6. Helps reduce mild menstrual cramping and abdominal pain
7. Helps support visual health/visual acuity
8. Potent free radical scavenger
9. Promotes healthy blood vessel dilation
10. Promotes healthy nitric oxide levels
11. Supports a healthy complexion
12. Supports healthy blood glucose levels
13. Supports healthy platelet activity
14. Supports healthy sperm quality

For information, go to [www.drwachtel.com](http://www.drwachtel.com) to review other amazing products.

If you'd like a certified nutritionist to follow you and consult with you, please call our office at 978.794.8406 and we can have a nutritional expert speak with you.






## New Laser Therapy Treatment

Do you suffer from heel pain, but are hesitant to make an appointment? Laser therapy is an injectionless treatment for heel pain. Laser therapy treats chronic pain in the heel and arch in just a few treatments, without needles and pain. It can be used for many chronic conditions originating from muscle pain, tendon type pain and nerve pain. Laser therapy can also treat thickened, ugly nails. They can cause pain, and even infections in the toes. In just a few brief treatments with the laser we can get great results.

Call us immediately for an evaluation!

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## What to Look For in a Good Shoe

- Avoid shoes that have seams over areas of pain, such as a bunion.
- Avoid shoes with heavy rubber soles that curl over the top of the toe area (such as seen on some running shoes), as they can catch on carpets and cause an accidental fall.
- Flat shoes (with a heel height of one inch or less) are the healthiest shoes for your feet. If you must wear a high heel, keep to a heel height of two inches or less, limit them to three hours at a time and take them off coming to and from an activity.
- Laced, rather than slip-on shoes, provide a more secure fit and can accommodate insoles, orthotic devices and braces.
- Look for soles that are shock absorbing and skid resistant, such as rubber rather than smooth leather.

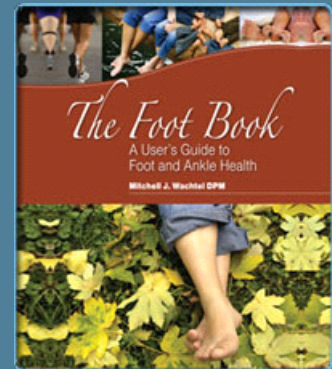
The shoe should be made of a soft material that has some give, like glove leathers.



We recommend that you get evaluated for shoegear at our shoestore, which specializes in running shoes for both men and women. Our shoes provide space for bony deformities and orthotics.

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Click on the book below to order your free copy of The Foot Book, A User's Guide to Foot and Ankle Health.



"I wrote this book because too many people suffer from foot and ankle pain unnecessarily."  
--Dr. Mitchell J. Wachtel

## Let's Wish Happy Birthday to our Patients!

Happy birthday to you... happy birthday to you... we'd like to give special recognition to all the patients who have a March birthday.



We have a large patient population with a birthday in March, so unfortunately we cannot list all of you. We hope each one of you enjoys your special day.

## What is a BUNION Sleeve?

Dr. Jill's Gel Bunion Sleeve (Fabric & Gel Combo)



Features of Dr. Jill's Gel Bunion Sleeve:

- Soft tan satin fabric.
- Cushions and protects the painful bunion.
- Its large soft gel pad protects the bunion from shoe pressure.
- The cushion conforms to your foot and does not create bulk in your shoe.
- Universal – provides a comfortable fit on either foot.

Recommended care: gently hand wash with warm water and mild soap. Rinse thoroughly. Press flat with a clean towel to remove excess moisture and then air dry completely before using again.

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## Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that our new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle!

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## Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member.

Your trust and confidence mean the world to us and have helped our practice to grow over the years. We'd like to say a very big THANK YOU to all our patients who have sent us a referral this month.

*THANK YOU FOR THESE REFERRALS!*

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## Meet Our Staff

- Dr. Mitchell J. Wachtel, D.P.M.
- Suzanne H. Pieri, Physical Therapist
- Deb Foster, Physical Therapy Assistant
- Jackie, Physical Therapy Scheduler and Billing Expert
- Jessie, Office Manager and Web Marketer
- Joe, Patient Relations Liaison and Coordinator
- Brenda, Medical Assistant
- Jessi, Medical Assistant
- Juana, Medical Assistant
- Debbie, Billing Assistant
- Amanda, Receptionist

Thanks for reading!