

Foot Facts

Survey Shows You're Never Too Old For Pain-Relieving Foot Surgery

(NAPSA)—Delores Kazda suffered from foot pain for many years, until it reached the point where she gave up her active lifestyle.

“The hardest part was not being able to do anything,” said the 71-year-old Kazda. “I like to be active, I like to do things and I like to go places. I couldn’t wear any shoes that were decent. I was inhibited from doing anything.”

Kazda is typical of many seniors, who face a very high risk of foot ailments. Foot pain may be caused by a number of conditions including bunions, hammertoes and arthritis in the foot and ankle, among others.

“I’ve had patients who’ve said to me, ‘I’m 80 years old, why should I have foot surgery?’” said John F. Grady, DPM, FACFAS, a Chicago-area foot and ankle surgeon. “But if you’re 80 years old, wouldn’t it be better to live the rest of your life without pain?”

A survey of elderly patients from across the country found that foot surgery makes a significant difference in reducing pain and allows seniors to be more active. The survey was conducted by the American College of Foot and Ankle Surgeons (ACFAS). More than 6,000 foot and ankle surgeons are members of this medical specialty society, which provides information on foot and ankle conditions at FootPhysicians.com.

The ACFAS survey involved dozens of patients 65 and older who had foot and ankle surgery within the past five years. The results indicate 80 percent of patients were in pain prior to surgery. But afterwards, 92 per-



Steve Mason/Photodisc Green/Getty Images



cent reported moderate, little or no pain, 84 percent said they were happy with the outcome of their procedure and 85 percent said they would recommend foot or ankle surgery to friends their age.

For patients such as Delores Kazda, surgery helped put her back on her feet again.

“Get it done,” she said. “You’ll be able to stay healthy and younger by being able to stay active.”

ACFAS experts agree.

“Studies have shown that older adults participating in regular exercise and other physical activities can prevent the onset of chronic disease, remain independent and enhance overall quality of life,” said ACFAS President James L. Thomas, DPM, FACFAS. “Given the advances in surgical techniques and procedures, there is no reason for any senior to suffer from debilitating foot pain.”

For more information on foot and ankle conditions or to locate a foot and ankle surgeon, visit the ACFAS Web site at FootPhysicians.com.