



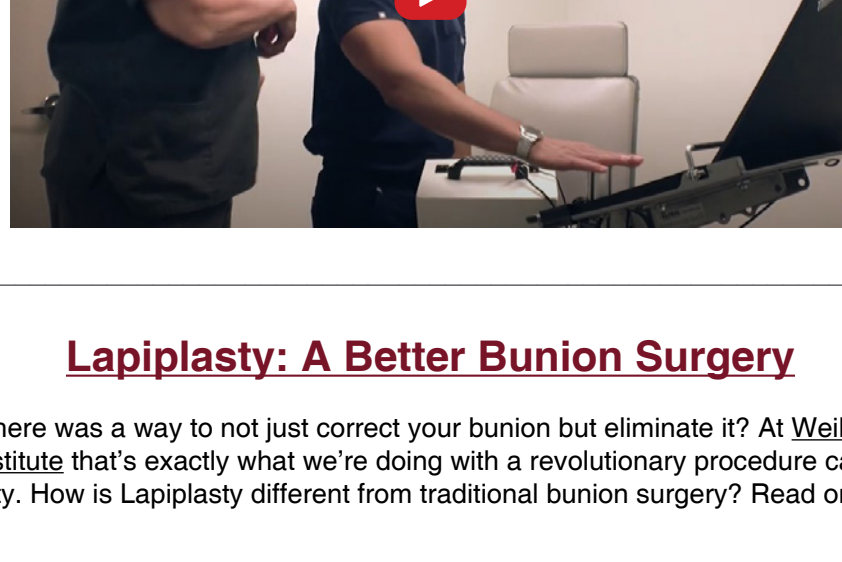
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**A New Era in Bunion Surgery is Here  
Learn About Lapiplasty at Weil Foot & Ankle Institute**



**Lapiplasty: A Better Bunion Surgery**

What if there was a way to not just correct your bunion but eliminate it? At Weil Foot & Ankle Institute that's exactly what we're doing with a revolutionary procedure called Lapiplasty. How is Lapiplasty different from traditional bunion surgery? Read on to find out.

**Lapiplasty addresses the cause of a bunion—not just the appearance.** Bunions are caused by a biomechanical defect that allows the metatarsal bone to drift out of alignment and that's what creates the bony bump on the outside of the toe. Traditional bunion surgery addresses the visible deformity by cutting and shifting the bone that's protruding but leaves the unstable base that caused the bunion in the first place. Lapiplasty corrects the metatarsal misalignment and leaves the base of the foot stable while also eliminating the bunion bump out. This patented, advanced technology is designed to correct all three dimensions of the bunion at the root of the problem.

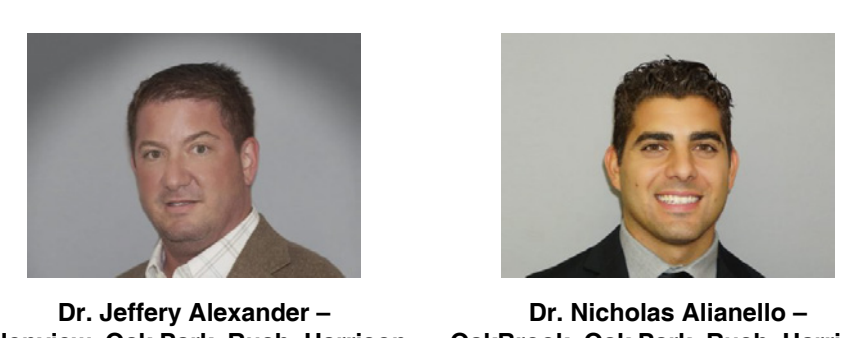
**Patients who have Lapiplasty are far less likely to have a bunion recur.** While no surgery has a 100% success rate, when Lapiplasty is appropriate, current data for patients who have it show only a 3% recurrence rate 13 months post-surgery. Studies also show that 87% of bunions are misaligned in three dimensions. In these cases, if the 3D problem is not addressed, the bunion is 12 times more likely to recur.

**Lapiplasty patients have a much faster recovery time than patients who have traditional bunion surgery.** Most patients can begin to bear weight on the affected foot and ambulate in a boot within the first few days after the surgery. You can return to daily activities with the boot. After 6-8 weeks patients normally transition to athletic shoes. After 4-6 months patients can usually resume all activities including exercise and start wearing normal footwear. Of course, each patient is unique. Your WFA podiatrist will instruct you on the best course of action during your recovery.

**Are You a Candidate for Lapiplasty?**

Every foot is unique and when Lapiplasty is appropriate, it's an amazing technique with amazing results. However, only your Weil Podiatrist can determine if this is right for your bunion or if a different procedure or treatment option might be better for you. Call today to make an evaluation appointment at your local WFA office!

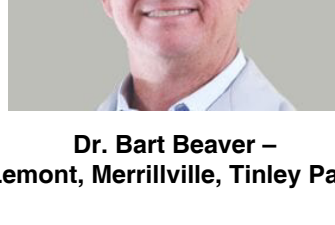
**Actual Results of Weil Patients**



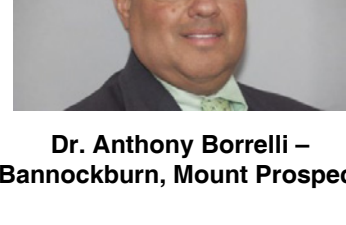
**Our Lapiplasty Specialists**



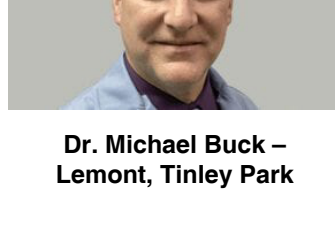
Dr. Jeffery Alexander – Glenview, Oak Park, Rush–Harrison



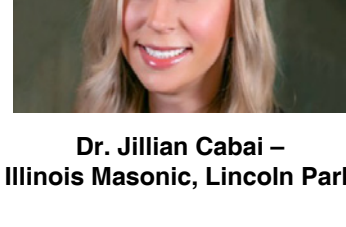
Dr. Nicholas Alianello – OakBrook, Oak Park, Rush–Harrison



Dr. Jeffrey Baker – Lincoln Park



Dr. Bart Beaver – Lemont, Merrillville, Tinley Park



Dr. Anthony Borrelli – Bannockburn, Mount Prospect



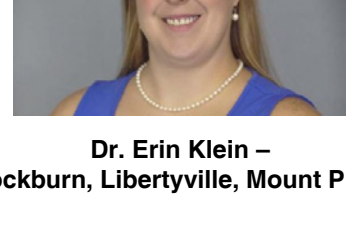
Dr. Michael Buck – Lemont, Tinley Park



Dr. Jillian Cabai – Illinois Masonic, Lincoln Park



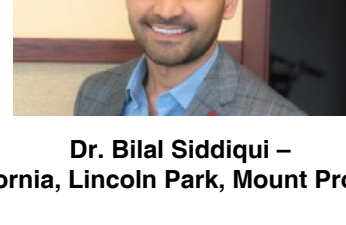
Dr. Sharif Denden – Evergreen Park



Dr. Lauren Doyle – Elmhurst



Dr. Adam Fleischer – Illinois Masonic



Dr. Erin Klein – Bannockburn, Libertyville, Mount Prospect



Dr. John Sakla – Avalon Park, Merrillville



Dr. Bilal Siddiqui – California, Lincoln Park, Mount Prospect

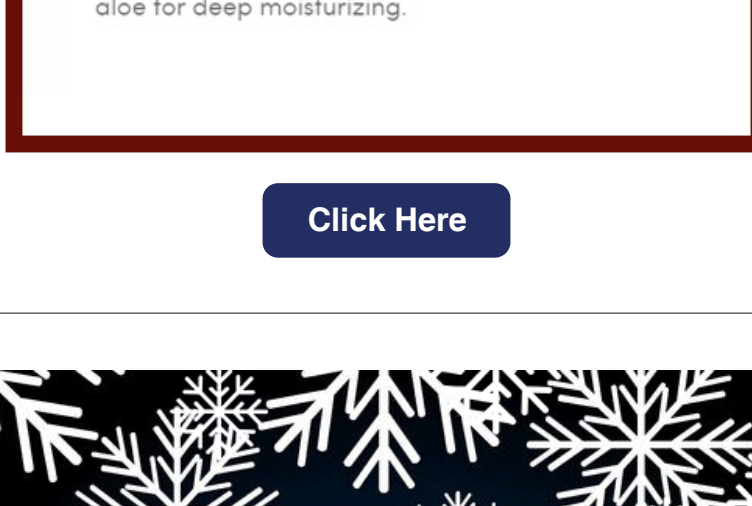


Dr. Matthew Sorensen – Kenosha, Libertyville

**Lapiplasty Procedure for Bunions**

[Click Here to Learn More About Lapiplasty](#)

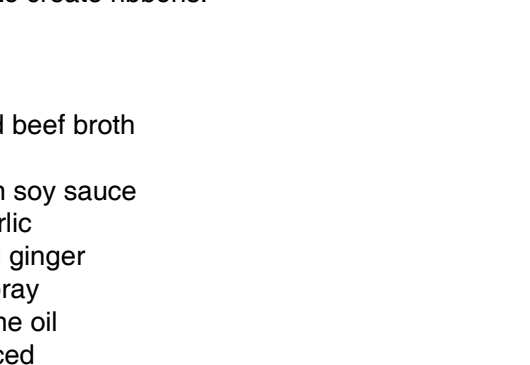
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**Recipe of the Month  
Beef and Broccoli Over Zucchini Noodles**



This lighter version of a Chinese takeout classic is packed with veggies and is low in carbs. You can make "noodles" out of zucchini at home with a special "spiralizer" tool or use a vegetable peeler to create ribbons.

**Ingredients**

- 1 cup no-salt-added beef broth
- 1 tbsp corn starch
- 2 tbsp lower sodium soy sauce
- 2 cloves minced garlic
- 1 tbsp fresh minced ginger
- nonstick cooking spray
- 2 tsp toasted sesame oil
- 1 medium onion sliced
- 1 lb. sliced sirloin beef
- 4 heaping cups fresh or frozen broccoli florets
- 2 small zucchinis (spiralized into noodles, or 4 cups prepared zucchini noodles)
- 2 tsp sesame seeds

**Directions**

1. In a small bowl, whisk together the broth, cornstarch, soy sauce, garlic, and ginger. Set aside.
2. Spray large sauté pan or wok with cooking spray, add sesame oil, and place over high heat.
3. Add the onion and stir-fry 2 minutes. Add the beef and stir-fry 3 more minutes.
4. Add the broccoli and spiralized zucchini and stir-fry 3 more minutes.
5. Add the broth mixture and bring to a boil, scraping the bottom of the pan to loosen any brown bits. Reduce heat and simmer 2 minutes.
6. Stir in sesame seeds and serve.

Recipe courtesy of the American Diabetes Association

**History Foot Note**

Shoes are important things, and not just for practical reasons. Many traditions around the world involve them. Read on for fun facts about traditions and customs around the world – and the role that footwear plays.

- Japanese samurai warriors wore shoes made from bear fur, believing that the animal's strength would transfer to whoever wore the shoes.
- An old American Indian custom is to poke holes in the tops of an infant's shoes to let any bad spirits escape.
- A Greek custom is to burn old shoes during the Christmas season; this prevents carrying misfortune into the new year.
- In Europe shoes were good luck charms in buildings; often they were deliberately hidden in walls or chimneys.
- In Islamic countries removal of shoes before entering a mosque is required; that way the unclean world is not brought into holy ground.
- When there is a death in the family, Jewish tradition states walking into the woods and throwing away the deceased relative's shoes. Today, many still believe the shoes must be destroyed or thrown out, rather than given to another person.
- An old English custom says that if you do not give shoes to a poor person at least once in your life, you will be forced to walk barefoot in the next life. Therefore, giving shoes to the poor at Christmas is a modern-day tradition.

**National Sock Day**

National Sock Day on December 4th recognizes the rarest of all bonds, the pairing of matched socks. When they manage to find each other, wash after wash, dry after to dry, it's time to celebrate! But what if the unforeseen happens and you have a bunch of mismatched single socks? Here are simple uses for spare socks:

- Store shoes in spare socks while traveling
- Protect breakable items in socks during a move
- Use knee-high socks to keep windshield wipers from freezing before a storm
- Store small game pieces in them
- Absorb fridge odors with a spare sock filled with coffee grounds or baking soda
- Make ice packs more tolerable
- Catch drips from oil or sauce bottles by placing a section of sock around the bottle
- Dust blinds with a spare sock

**Foot Funnies**

**Q: Did you hear the joke about the gym sock?**

**A:** You don't want to. It stinks.

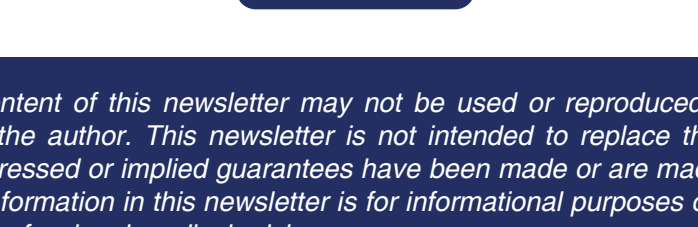
**Trivia**

**If your heel hurts, it's most often due to a condition known as Plantar Fasciitis.**

- A. True
- B. False

If you answered A, you're right! Heel pain is the No.1 reason people see a Foot Specialist and it is usually caused by Plantar Fasciitis, an inflamed ligament at the bottom of the foot. The plantar fascia ligament attaches to the heel bone and becomes inflamed when micro-tears are produced.

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