

# Awareness Of Bunion In The Aging Population



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A BUNION (HALLUX VALGUS) IS A BONY BUMP AT THE BASE OF THE BIG TOE, THAT FORMS AS THE TOE MOVES TOWARD THE OTHER TOES. IT BECOMES MORE COMMON AS PEOPLE GET OLDER.

AROUND 19-23% OF ADULTS ARE AFFECTED WORLDWIDE. A RESEARCH SHOWS THAT IN PAKISTAN, ABOUT 37.5% ADULTS SHOWED HALLUX VALGUS (BUNION).

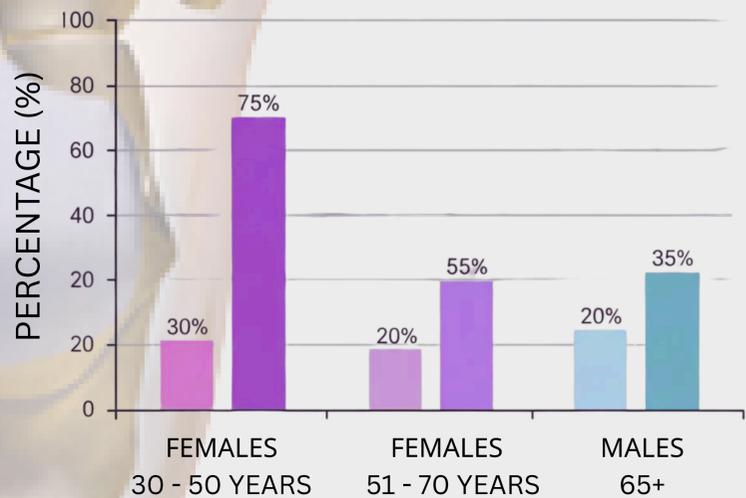
“ Growing older shouldn’t mean growing pain in your feet.”



## SIGNS AND SYMPTOMS:

- Bony bump at the base of the big toe
- Pain and soreness
- Redness and swelling
- Difficulty wearing shoes
- Difficulty in bending the toe
- Change in front foot shape over time

## BUNION PREVALENCE BY GENDER AND AGE GROUP:



## RISK FACTORS:

- As we age, the toe becomes weaker and starts shifting out of place.
- Years of abnormal foot mechanics
- Foot stress or injuries
- Weekend tendons and ligaments
- Reduced collagen production

## PREVENTION AND MANAGEMENT:

### FOOTWEAR



- Choose wide-toe shoes
- Low heels
- Supportive soles

### SUPPORT AND ALIGNMENT



- Arch orthotics
- Toe spacers
- Night splints

### EXERCISES AND CARE



- Stretches
- Foot massage
- Proper nail care

- Assessment & Diagnosis
- Conservative (Non-surgical) Treatment
- Pain Relief & Inflammation Control
- Surgical Referral (if needed)
- Care Advice