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For immediate release

Deerfield Beach, FL: women's feet hurt more in autumn

Deerfield Beach, FL – 11/04/2008 Autumn is a painful time of year for many Deerfield Beach, FL women.

As they transition from open-toed sandals to closed-in boots and shoes, foot and ankle surgeon Dean B. Dorfman, DPM, FACFAS says he notices more women seeking relief for painful bunions. Dr. Dorfman has an office in Deerfield Beach. He says this trend plays out in the examining rooms of many foot and ankle surgeons every autumn.

"Some of my female bunion patients are in agony," says Dr. Dorfman. "They describe a constant, throbbing pain, even when they take their shoes off."

While the changing weather brings more bunion patients into His office, Dr. Dorfman says some women inquire about surgery in the fall because they're less busy than in summer months. Many are also closer to meeting their insurance deductibles.

Dr. Dorfman emphasizes that surgery is a last-resort treatment for women with painful bunions.

"For many women, simple changes like wearing shoes with wider toe boxes can significantly reduce bunion pain," he says. "Custom shoe inserts, gel- or foam-filled padding and anti-inflammatory medications may also provide pain relief."

When the pain of a bunion interferes with a woman's daily activities, it's time to discuss surgical options, according to the American College of Foot and Ankle Surgeons.

The College provides answers to frequently asked questions about bunion surgery on its Web site, FootPhysicians.com.

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6 tips to protect Deerfield Beach, FL. kids in fall sports

Back-to-school sports season linked to ankle injuries

Deerfield Beach, FL. 11/04/2008 If your children are playing sports this fall, pay attention to six tips that could protect them from serious ankle injuries.

Every fall, Deerfield Beach foot and ankle surgeon Dean B. Dorfman, DPM, FACFAS notices an increase in ankle injuries among young athletes. Football, soccer and basketball are the sports most likely to lead to sprains, broken bones and other problems, he says. Dr. Dorfman has an office in Deerfield Beach.

Dr. Dorfman's top recommendation is for parents is to get ankle injuries treated right away.

"What seems like a sprain is not always a sprain; in addition to cartilage injuries, your son or daughter might have injured other bones in the foot without knowing it. Have a qualified doctor examine the injury," says Dr. Dorfman. "The sooner rehabilitation starts, the sooner we can prevent long-term problems like instability or arthritis, and the sooner your child can get back into competition."

Dr. Dorfman says parents should also follow these additional tips from the American College of Foot and Ankle Surgeons' Web site, FootPhysicians.com:

--Have old sprains checked by a doctor before the season starts. A medical check-up can reveal whether your child's previously injured ankle might be vulnerable to sprains, and could possibly benefit from wearing a supportive ankle brace during competition.

--Buy the right shoe for the sport. Different sports require different shoe gear. Players shouldn't mix baseball cleats with football shoes.

--Children should start the season with new shoes. Old shoes can wear down like a car tire and become uneven on the bottom, causing the ankle to tilt because the foot can't lie flat.

--Check playing fields for dips, divots and holes. Most sports-related ankle sprains are caused by jumping and running on uneven surfaces. That's why some surgeons recommend parents walk the field, especially when children compete in non-professional settings like public parks, for spots that could catch a player's foot and throw them to the ground. Alert coaching officials to any irregularities.

--Encourage stretching and warm-up exercises. Calf stretches and light jogging before competition helps warm up ligaments and blood vessels, reducing the risk for ankle injuries.

Dr. Dorfman can be contacted at 954-481-3525.

For more information on treating ankle sprains, visit the American College of Foot and Ankle Surgeons' patient information Web site, FootPhysicians.com.



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Foot pain? You may have diabetes

Deerfield Beach, FL – 11/07/08 Do you ever feel burning, tingling or numbness in your feet and toes? A Deerfield Beach foot and ankle surgeon warns against ignoring those symptoms. They could be a warning sign of diabetes.

Dean B. Dorfman, DPM, FACFAS, says those symptoms may be caused by a condition called diabetic peripheral neuropathy, or nerve damage. Neuropathy in the feet can lead to permanent numbness, deformities such as bunions and hammertoes, and dry skin that cracks open and won't heal.

"Diabetic peripheral neuropathy is not only painful but dangerous," says Dr. Dorfman, a Fellow of the American College of Foot and Ankle Surgeons with offices in Deerfield Beach. "It's a leading contributor to foot ulcers in people with diabetes."

Burning, tingling and numbness in toes can also be symptoms of thyroid problems, nutritional deficiencies, back problems and pinched nerves in the ankles. In the United States, diabetes is the leading cause of peripheral neuropathy and can lead to further foot complications.

Out of the 23 million Americans with diabetes, one in four has not been diagnosed. Some people learn they have diabetes only after seeing a doctor for burning, tingling and numbness in their toes and feet. Many people already diagnosed with diabetes are not familiar with neuropathy's symptoms. According to FootPhysicians.com, even diabetic patients who have excellent blood sugar control can develop diabetic neuropathy.

Medications can treat pain caused by neuropathy. However, nerve damage cannot be reversed.

"When you have diabetes, especially diabetic neuropathy, a minor cut on your foot can turn into a catastrophe," says Dr. Dorfman. "The statistics on diabetic ulcers are sobering."

Twenty percent of diabetes patients who develop ulcers will require an amputation. Patients who are black, Hispanic and Native American are twice as likely as whites to need a diabetes-related amputation. Half of all people with diabetes who have a

toe or foot amputation die within three years. The annual cost for diabetic ulcer care in the U.S. is estimated at \$5 billion.

For more information on foot problems such as diabetic peripheral neuropathy, contact Dr. Dorfman at 954-481-3525 or visit www.eastoceanpodiatry.com.

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