



# STYLE SQUEEZE

**THEY MAKE YOU FEEL TALLER, SLIMMER, MORE TONED, AND EVEN POWERFUL.**

But you know they are wreaking havoc on your feet. That “bump” outside your big toe seems to be growing larger and becoming more painful, right? It’s called a bunion, and while your power pumps aren’t causing it, they are aggravating and making it worse. You have your family and your XX chromosomes to thank for developing the bunion. Women are anywhere from two to nine times more likely to develop a bunion than men! Bummer.

**Or not ... you can Beat Bunion Blues!**

Today’s podiatrist is the bunion expert, with highly advanced medical and surgical training in diagnosing and treating bunions. Kick your heels off and learn more about how to beat bunions.

Visit [APMA.org/Bunion](http://APMA.org/Bunion)



BEAT BUNION BLUES