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For immediate release

**Women's feet hurt more in autumn**

Saint Louis, MO-September 22, 2009. Autumn is a painful time of year for many women in Saint Louis.

As they transition from open-toed sandals to closed-in boots and shoes, ankle and foot surgeon Richard Wittock, DPM, FACFAS, says he notices more women seeking relief for painful bunions. Dr. Wittock, president of Ankle and Foot Institute, is located in Fenton at SSM-St. Clare Health Center. He says this trend plays out in treatment rooms of many foot and ankle surgeons every autumn.

"Some of my female bunion patients are in agony," says Dr. Wittock. "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. Wittock says some women inquire about surgery in the fall because their schedules are less busy than in summer months. Additionally, many are also closer to meeting their insurance deductibles which is an important factor in surgical decision making.

Dr. Wittock emphasizes that even though surgical correction is very successful in his practice, it is important to consider conservative methods such as custom orthotics prior to any reconstructive procedure.

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.

Dr. Wittock can be found online at [www.ankleandfootinstitute.com](http://www.ankleandfootinstitute.com) and can be contacted at (636) 717-1100.