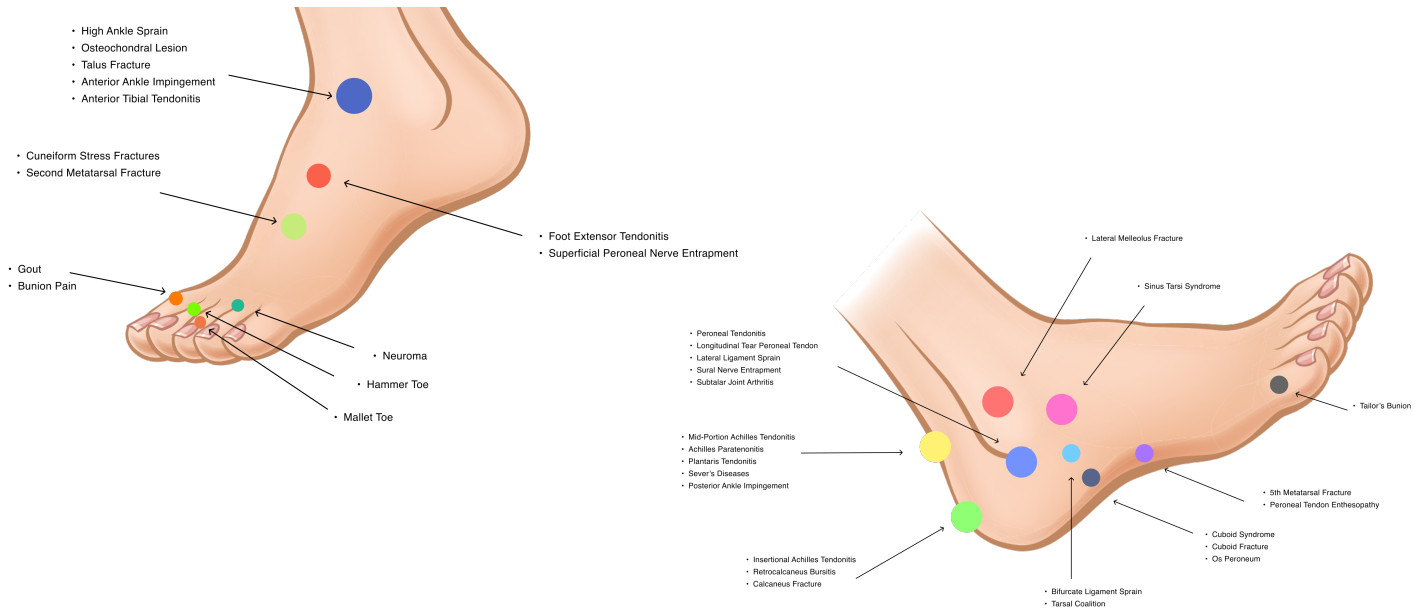


Foot Pain Chart

Client Information

Name: Naomi O. Lindsey Date of birth: 9/14/1980
Gender: Female Date of Consultation: March 01, 2023
Address: 4346 College View, Carbondale, Illinois(IL), 62901
Phone Number: 217-791-8310 Email Address: NaomiOL@carepatron.com



Which part of the foot does the patient feel the pain?

1. Bunion Pain
2. Tailor's Bunion
3. Gout
4. n/a
5. n/a

In a scale of 1 - 10, 1 being the lowest and 10 being the highest, how painful does the area feel?

- Area 1: 6 - Severe Pain. The pain is intense and difficult to ignore, significantly impacting daily life and requiring accommodations.
- Area 2: 5 - Moderately Severe Pain: The pain is significant and affects daily activities, requiring some adaptation.
- Area 3: 5 - Moderately Severe Pain: The pain is significant and affects daily activities, requiring some adaptation.
- Area 4: n/a
- Area 5: n/a

Possible causes of the pain:

Bunion

Improper Footwear: Wearing tight, narrow, or high-heeled shoes that squeeze the toes and force them into an unnatural position can contribute to the development of bunions. Such footwear puts excessive pressure on the big toe joint and can lead to pain and deformity over time.

Gout

High Uric Acid Levels: Gout occurs when there is an excessive amount of uric acid in the blood, a condition known as hyperuricemia. Uric acid is a byproduct of purine metabolism, and if its production exceeds elimination, it can result in the formation of urate crystals in the joints.

Recommendations:

Lifestyle Modifications: Making certain changes in your lifestyle can help prevent gout attacks and reduce their frequency:

- a. **Diet:** Avoid foods high in purines, such as red meat, organ meats, seafood, and sugary beverages. Instead, opt for a diet rich in fruits, vegetables, whole grains, low-fat dairy products, and lean proteins. It is also important to limit alcohol consumption, particularly beer, as it can exacerbate gout symptoms.
- b. **Hydration:** Drink an ample amount of water and stay well-hydrated. This can aid in the elimination of uric acid and reduce the risk of crystal formation in the joints.
- c. **Weight Management:** If you are overweight, losing weight gradually can help reduce uric acid levels and decrease the likelihood of gout attacks.

Additional Notes:

If you experience severe pain or have any concerns between appointments, please do not hesitate to contact our office for further guidance or to schedule an earlier visit.

We are committed to providing you with the best care possible, and together, we can effectively manage your gout and improve your quality of life.