

From Arthritic Feet to Happy Feet Taking The Fear Out Of Foot Surgery



Pam Navarre shows off her happy feet!

For years, Pam Navarre has spent much of every day on her feet. President of the Grayslake Farmer's Market, Director of Marketing Operations turned Consultant and Teacher of Management Development at Abbott Labs, co-owner of 'This Old Book' store in downtown Grayslake, and an avid three-mile per day walker outside of work, the thousands of hours of feet strain added up to bunions, bone spurs and arthritis. Pam's feet were not at all happy.

"When I couldn't even consider wearing modest heels, it was time to face the music," said Navarre. "I had heard my fair share of horror stories about foot surgery and post-op recuperation, so I definitely was not looking forward to what seemed inevitable. A friend referred me to Dr. James Gosse at Lake Forest Hospital, who had a great reputation for conservatively looking at surgery only as a last resort. This was my kind of surgeon. So I met with Dr. Gosse and, once he looked at my x-rays, 'You need surgery' were the first words out of his mouth."

"Pam's arthritis and almost complete bone-on-bone erosion of cartilage in the big toe joint on each foot were severe," explained Gosse. For years, options for such patients were limited to orthotics, steroid injections, plastic implants that would often wear down, and fusion that generally meant no more wearing of heels and limited motion. "Over the last two years," said Gosse, "my partners and I have focused more on the benefits of Arthrosurface®, a surgical system that combines a three-dimensional mapping technology with a cobalt-chrome and titanium implant that is precisely aligned to the contours of the patient's articular cartilage surface. The return to full mobility without any pain for Pam and others has me convinced this will become the treatment of choice in the future."

Navarre had the right foot done in July 2007, and the left foot in January 2008. "I just wish I hadn't waited so long," said Navarre. "Two weeks in a surgical boot plus some physical therapy following each procedure, and my flexibility had returned. It's been many years since my feet were truly happy. I would recommend this in a heartbeat."