



# PAINFUL BUNIONS:

## Here Today...*Gone* Tomorrow

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**P**aulette Durham had been suffering with painful bunions on both feet for as long as she could remember. A mother of three active children, she keeps busy with church and her children's school activities. Not to mention that she loves to cook and dance! But her painful bunions had been slowing her down.

"I'd suffered with bunions practically all my life" laments Paulette. "I inherited them from my father's side of the family. They had gotten so bad that I had to buy shoes a half size bigger just in order to be comfortable."

"You know, the pain was interfering with my daily routine," she continues, "like driving, exercising on the treadmill or even just walking."

Paulette sometimes volunteers at her children's school whether it is to help out in the office or serve as co-chaperone on field trips.

"About two years ago," she recalls, "I went on a field trip to the rodeo grounds with my son's class as a chaperone. They divided the children up into groups and we were supposed to walk and show them around. Well, more than once the pain got so bad that I would say, 'We have got to stop and take a break.' And I remember all the kids would say 'Again?' I know it probably embarrassed my son because he knew why we had to stop so many times."

To Paulette, it seemed like her excruciating bunion pain was taking center stage in her life, and of course embarrassing her children in this way was not something

she took lightly. It was an elegant pair of high heels that spurred her into action. "I have a pair of heels that I'd been dying to wear again, but I couldn't because it hurt as soon as I put them on. So, I said to myself, okay, I've got to figure out how I'm going to get this done so I can get back into my shoes."

Paulette did find a way to take care of her bunions and get back into her shoes (and her life) and that was to call SCIREX Research Centers to participate in one of their research studies to evaluate pain medication following bunion removal. "I heard about SCIREX on the TV and the radio. Then, about two weeks later, with some encouragement from my significant other, I decided to call them."

Paulette underwent bunion removal surgery on her right foot last May and couldn't be happier. "You know, I had anxiety about having surgery as this was my first time, but the staff was very friendly and knowledgeable which helped to ease a lot of my concerns and worries. The doctors were professional, caring and polite and did everything possible to make sure that my foot healed properly."

It has been four months now since the surgery, and though she is still taking it easy, she says she is now able to wear her heels and do many other things that she had missed doing – like driving, dancing with the radio at home, and taking field trips with her 10 year old son's class. In fact, she is looking forward to it.

Paulette says, "This year, my son told me, 'Mom, are your feet going to get any better because when we get ready to go on a field trip, I want you to go again, but will you be able to walk this time?' And I told him, 'Oh yes. I'll be better the next time you have a field trip'"



*For more information about clinical research studies, you may contact SCIREX Research Centers, Premier Research Group, plc, in Houston at 800-320-1630 or visit their website at [www.byebyebunions.com](http://www.byebyebunions.com). SCIREX has been involved in the conduct of clinical research studies of investigational pain medication for over 20 years and specifically following bunion removal for the last 8 years. All bunion surgeries are a standard of care procedure and are performed by board-certified podiatrists. Clinical trials are performed to evaluate investigational pain medication following bunion removal. Qualified study participants may receive study-related medical care, surgery, physical exams and lab tests – all at no cost. Financial compensation is provided.*

In October 2008, we changed our name to our parent company, Premier Research Group. We no longer refer to ourselves as the SCIREX Research Centers, however past articles and videos will mention the SCIREX name. We want to assure you that there has been no change in management, and we will continue to provide the same quality patient care and offer the same types of studies on which we have built our reputation in the community. The name change was simply for ease in communicating with our multiple audiences.