

# Bunions

POWERED BY 23ANDME RESEARCH



Jamie, based on your genetics and other factors, you are **less likely than average** to have had a bunion.

The average 23andMe research participant has a 17% chance of reporting that they have had a bunion. Based on your genetics and other factors, specifically age and sex, you have a **13.8% chance** of having had a bunion.

## What is a bunion?

A bunion is a bony bump on the joint at the base of the big toe. For some people bunions aren't bothersome, but for others bunions may cause pain on the surface of the bunion or within connected parts of the foot.

## There's trouble afoot

Bunions are often formed when the big toe becomes angled toward the other toes. This causes the joint at the base of the big toe to stick out, creating the characteristic bump. Bunions can form when bones and tendons within the foot move incorrectly when supporting weight and eventually become misaligned. It isn't known exactly why some people develop bunions and others don't, but it's likely influenced by multiple factors. Studies suggest that restrictive footwear and genetics may be partially to blame.

Typical Foot



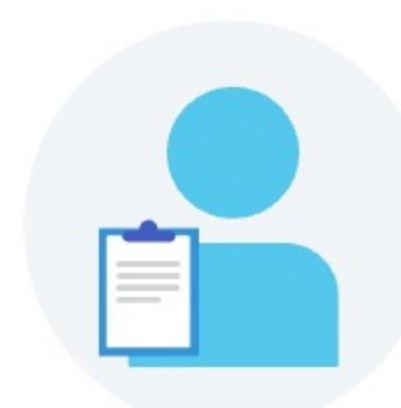
Bunion



## The next step

If you have concerns about bunions, talk to a healthcare professional about what next steps are right for you. Many cases are asymptomatic and don't require treatment. But for those with painful bunions, common treatments include physical therapy or wearing accommodating footwear. Some people may benefit from surgery.\*

## Common treatments for bunions



Physical therapy



Accommodating footwear

## How we got your result

*\*Keep in mind that these results, powered by 23andMe research, are preliminary and meant for informational purposes only. This report does not provide medical advice. Consult with a healthcare professional before making any major lifestyle changes.*

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