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BAY HARBOR PODIATRY GROUP

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Bay Harbor Podiatry Group (BHPG) was established in 1983 adjacent to Bay Harbor Hospital to serve the foot and ankle care needs of the community. In 1996, the practice expanded to better serve the entire South Bay community with a second location adjacent to Providence Little Company of Mary Medical Center in Torrance. Founder and director Dr. Marc Mittleman served as residency director of the Podiatric Surgical Training program at Bay Harbor Hospital for 10 years, until the closing of the hospital due to merger with Little Company of Mary Health Services. In December 2003, the podiatry practices merged and moved into the current facilities on the ground floor of the South Bay Tower building. The office now focuses on a high-tech approach to foot and ankle care. Like Dr. Mittleman, the team's other doctors—Dr. Michael Bloch, Dr. Roland Carroll and Dr. Randall Leyking—are trained in the latest techniques and keep up with current trends in foot and ankle care.

WHAT WOULD YOU LIKE POTENTIAL PATIENTS TO KNOW ABOUT YOU?

"BHPG focuses on using cutting-edge technologies—not found in any other local podiatry offices—to help in the conservative management of most foot and ankle problems. We also offer state-of-the-art podiatric surgery when needed, frequently as a last resort."

WHAT IS YOUR AREA OF SPECIALTY?

"Complete foot and ankle care services: complex podiatric surgery

for bunions and other common foot deformities; sports medicine and injury treatment and prevention; the diabetic and senior patient; and general foot care. We are focused on patient wellness in the least invasive ways possible."

“SEEING SOMEONE WALK OUT OF THE OFFICE WITH NO MORE PAIN AFTER SUFFERING FOR SEVERAL MONTHS OR LONGER PUTS A BIG SMILE ON YOUR FACE.”

WHAT'S ONE TREND THAT IS DEFINING YOUR SPECIALTY TODAY?

"The use of non-invasive laser technology to provide relief from common conditions, such as nail fungus, plantar warts and everyday pain from overuse, injury or other causes. These can frequently be eliminated or improved with the new light therapies. We are using several new lasers to treat many problems without anesthesia, all done in the comfort and convenience of our office."

WHAT'S MOST REWARDING ABOUT YOUR WORK?

"We are able to relieve many patients' foot pain or problems in a short time without using potentially harmful medications or surgery. Seeing someone walk out of the office with no more pain after suffering for several months or longer puts a big smile on your face."