

NorthPointe Foot & Ankle
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Product Feature

Plantarstat—Wart Removal Treatment

Warts are caused by a virus and often require a physician's care. Your NorthPointe doctor can let you know if using a prescribed treatment is advised to supplement their care.

Tripod Labs Plantarstat is a safe, highly effective formula for the treatment of warts. This unique blend combines traditional medicines with powerful herbal extracts for a quick, pain free removal of any wart. The easy-to-use applicator tip directly applies the medication to the wart for maximum results without any harm to the surrounding normal skin.



For this and other foot care products visit our online store at:
www.MichiganFootCare.com
or stop by our office.

NorthPointe News

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Your Child's Growing

You worry about your children's teeth, eyes, and other parts of the body. You teach washing, brushing, and grooming, but what do you do about your child's feet--those still-developing feet which have to carry the entire weight of the body through a lifetime?



Shoes or other footwear should never be handed down.

The feet of young children are often unstable because of muscle problems which make walking difficult or uncomfortable. A thorough examination by a podiatrist may detect an underlying

defect or condition which may require immediate treatment or consultation with another specialist.

Many adult foot ailments, like other bodily ills, have their origins in childhood and are present at birth. Periodic professional attention and regular foot care can minimize these problems in later life.

Neglecting foot health invites problems in other parts of the body, such as the legs and back. There can also be undesirable personality effects. The youngster with troublesome feet walks awkwardly and usually has poor general posture. As a result, the growing child may become shy, introverted, and avoid athletics and social functions.

Starting to Walk

It is unwise to force a child to walk. When physically and emotionally ready, the child will walk. Comparisons with other children are misleading, since the age for independent walking ranges from 10 to 18 months.

When the child first begins to walk, shoes are not necessary indoors. Allowing the youngster to go barefoot or to wear just socks helps the foot to grow normally and to develop its musculature and strength, as well as the grasping action of toes. Of course, when walking outside or on rough surfaces, babies' feet should be protected in light-weight, flexible footwear made of natural materials.

Growing Up

As a child's feet continue to develop, it may be necessary to change shoe and sock size every few months to allow room for the feet to grow. Although foot problems result mainly from injury, deformity, illness, or hereditary factors, improper footwear can aggravate preexisting conditions.

The Teenage Years

The time to begin a good foot care routine is actually in the teenage years. Only about half of teens believe that feet are important to their overall health and many are living with foot pain. They should be educated on how to properly care for their feet and that a local podiatrist is here to help relieve pain and avoid long term complications.

Feet are still growing during the teen years. However, teens should be aware that foot pain of any kind is not normal. Whether they are dealing with blisters, athlete's foot, or ingrown toenails, caring for your feet at an early age reduces the risk of complications later.

According to the American Podiatric Medical Association (AMPA):

- Six out of 10 teens suffer from foot pain at least some of the time – keeping them from daily activities
- Sports are the number one cause of foot pain among teens
- Two out of 10 teens suffer from pain due to wearing high heels and other uncomfortable footwear
- Less than two out of 10 teens have ever seen a podiatrist to treat foot problem.

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monthly newsletter, send your email
address to:

Doctors@NorthPointeFoot.com



School Shoe Shopping

During back-to-school season and throughout the year, one of the most important purchases on any parent's shopping list should be a pair of proper fitting shoes for their child. For many parents, shoe shopping may seem easier than a pop-quiz in gym class, but several important factors should be considered:

- **Children's Feet Change With Age.** Shoe and sock sizes may change every few months as a child's feet grow.
- **Shoes That Don't Fit Properly Can Aggravate the Feet.** Always measure a child's feet before buying shoes, and watch for signs of irritation.
- **Never Hand Down Footwear.** Just because a shoe size fits one child comfortably doesn't mean it will fit another the same way. Also, sharing shoes can spread fungi like athlete's foot and nail fungus.
- **Examine the Heels.** Children may wear through the heels of shoes quicker than outgrowing shoes themselves. Uneven heel wear can indicate a foot problem that should be checked by a podiatrist.

- **Take Your Child Shoe Shopping.** Every shoe fits differently. Letting a child have a say in the shoe buying process promotes healthy foot habits down the road.
- **Always Buy for the Larger Foot.** Feet are seldom precisely the same size.
- **Buy Shoes That Do Not Need a "Break-In" Period.** Shoes should be comfortable immediately. Also make sure to have your child try on shoes with socks or tights, if that's how they'll be worn.

Do Your Child's Shoes "Make The Grade?"

1. **Look For a Stiff Heel.** Press on both sides of the heel counter. It shouldn't collapse.
2. **Check Toe Flexibility.** The shoe should bend with your child's toes. It shouldn't be too stiff or bend too much in the toe box area.
3. **Select a Shoe With a Rigid Middle.** Does your shoe twist? Your shoe should never twist in the middle.



BBQ for Our Patients!



Join us for the NorthPointe Foot & Ankle annual pre-Dream Cruise Party! Enjoy delicious barbecue food and cool, classic cars on Thursday, August 16 from 5-9 p.m. directly in front of the NorthPointe Foot & Ankle office on Woodward.

Please RSVP at the front desk or by calling (248) 545-0100. Reservations are limited and will be provided on a first-come, first-

served basis. Our patients and their immediate families are invited to attend. Please respond by August 10. We look forward to seeing you there!

Date: Thursday, August 16, 2012
Time: 5—9 p.m.
RSVP: (248) 545-0100 by August 10
Space is limited

NorthPointe Foot & Ankle Sponsors Berkley's SummerFest!

NorthPointe Foot & Ankle is pleased to be a gold sponsor of Berkley's SummerFest. Hosted by Berkley's Parks & Recreation Department, the summer festival encourages everyone to get outdoors and participate in a series of terrific events! All events are listed at www.BerkelyMich.org, including the **Ice Cream Social on August 28.**

Just the Basics!

Collection of basic items to donate to the Marines in Afghanistan continues at NorthPointe Foot & Ankle. Items being collected include: toiletries, hand held games and cards, brown socks, army green t-shirts, current magazines, flavoring water packets, sun screen, chap stick, band-aids, face wash towelettes, lotions, paper and pens, nail clippers, tweezers and nail files.

Foot Advice for Parents

Foot problems noticed at birth will not disappear by themselves. Do not wait until children get older to fix a problem! Foot problems in youths can lead to greater problems down the road.

Get your child checked by a NorthPointe Foot & Ankle physician. A lack of complaint by a youngster is not a reliable sign that there is no problem. The bones of growing feet are so flexible that they can be twisted and distorted without the child being aware of it.

Walking is the best of all foot exercises. Observe your child's walking patterns. Does your child have gait abnormalities? Correct the problem before it becomes a bigger issue.

Going barefoot is a healthy activity for children under the right conditions. However, walking barefoot on dirty pavement can expose children's feet to the dangers of infection through accidental cuts and to severe contusions, sprains or fractures. Plantar warts, a virus on the sole of the foot, can also be contracted.

