

NorthPointe Foot & Ankle
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Meet Our Team!

Venita Favors

Many of you already know this smiling face! Venita Favors is one of NorthPointe's Medical Assistants. She has been with the practice for two years. Assisting our doctors with patient care is her priority.

Venita is often the first person that meets you in the exam room. She gets some of the "housekeeping" out of the way and makes sure that you are comfortable and ready to meet with the doctor. She then follows the doctor's direction in getting you taken care of and on your way.



When not at the office, Venita is busy at home taking care of her two children Jordan and Kaiya.

Make sure to say hello the next time you are at the office.

NorthPointe News

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TEENS AND FOOT CARE

While most individuals tend to react to foot issues later in life the podiatrists of NorthPointe Foot & Ankle want to advise you that the time to begin a good foot care routine is actually in the teenage years. They find that only about half of teens believe that feet are important to their overall health and many are living with foot pain. It's vital to educate teens on how to properly care for their feet and that concerns are addressed.

Feet are still growing during in our 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.

Fractures and ligament injuries are common in active teens. Certain bone and tendon abnormalities often initially present as a painful foot condition in the teenage years.

Research shows:

- Six out of ten 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 ten teens suffer from pain due to wearing high heels and other uncomfortable footwear
- Less than two out of ten teens have ever seen a podiatrist to treat foot problem

The following are some easy steps to maintain healthy feet:

- **Wash your feet daily with soap and water.** It's tempting to just swish your feet around in the shower, but it's important to use soap to remove germs and grime. Don't forget to wash between your toes!

- **Keep feet dry.** Fungus, including the kind that causes athlete's foot, loves to grow in moist, damp environments, so after your shower, dry your feet thoroughly, paying extra attention to the spaces between your toes. If your socks get wet during the day, change them... (It's not a bad idea to keep an extra pair in your locker or gym bag!)

- **Trim toenails into a slight curve.** Toenails that are too long not only wreck your socks and look crazy, but they can harbor bacteria. Use a pair of toenail clippers to cut your toenails to just above or at the edge of your toe. Cut straight across the nail; a slight curve is okay too.



- **Wear supportive, properly fitted shoes.** Improperly fitted, unsupportive shoes are a major cause of foot pain and injury. There are many shoes that are fashionable and lend needed support.

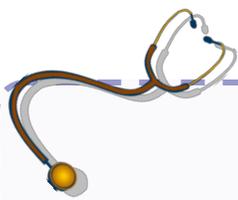
If you or a loved one has foot or ankle concerns, NorthPointe Foot & Ankle podiatrists are here to help. Stop in for a consultation. Call 248-545-0100 or visit MichiganFootCare.com for an appointment.

Laser Treatment Available

NorthPointe Foot & Ankle physicians have announced the addition of laser surgery to the treatment options offered to patients. Not readily available in most doctor's offices, the laser technology available to our podiatrists allows them to use this advanced procedure when other treatments have failed, or as an initial form of action.

Our podiatrists are certified in laser surgery and will perform this outpatient procedure in the certified laser center adjacent to the NorthPointe office.





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. There are several important factors that should be considered when shopping for children's shoes:

- **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.
- **Flip flops and Ballet style slip-ons are not "shoes"** These items are not supportive enough for daily wear or as a substitute for a proper "shoe."

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.

Picnic for Our Patients!



Join us for the NorthPointe Foot & Ankle third annual Pre-Dream Cruise Picnic! Enjoy classic Cones and cool, classic cars on Thursday, August 15 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 9. We look forward to seeing you there!

Date: Thursday, August 15, 2013
Time: 5—9 p.m.
RSVP: (248) 545-0100 by August 9
Space is limited



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.

NorthPointe Foot & Ankle Sponsors Berkley's SummerFest!

NorthPointe Foot & Ankle is pleased to once again 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 **Family Movie Night on August 24** and the **Ice Cream Social on August 27**.

If you would like to receive our monthly newsletter, send your email address to: Doctors@NorthPointeFoot.com



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