

NorthPointe Foot & Ankle
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Product Feature

Powerstep Pro

Powerstep Pro orthotics are ready-to-wear orthotics that are custom quality at an affordable price.

Wearing heels, dress shoes, and business shoes becomes a little more pleasant with Powerstep ProTech 3/4. You get great support and comfort in full or 3/4 length sets that you can wear with most dress footwear, even open-toed shoes! Style and comfort, all at once.

Ask your NorthPointe Foot & Ankle doctor if this product is right for you.

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



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

NorthPointe News

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LISTEN TO YOUR FEET

Listen carefully...your feet may be trying to tell you something. When our feet hurt, or develop problems, it's their way of sending us a message about our lifestyle choices and clues about our overall health.

Listen to your feet and visit your NorthPointe Foot & Ankle podiatrist if you experience any of the following foot problems:

Fungal Nail

Reason: Trauma or infection to the nail that makes it thickened, discolored, loose or deformed. Often caused by the spread of athlete's foot, but may also be an indication of conditions such as diabetes or arthritis.

Response: Consult your podiatrist to prescribe the medication and treatment that will safely and effectively treat the problem.

Tendinitis

Reason: Overuse due to increase in physical activity, such as an increase in walking time or distance. May also be caused by wearing worn out or improperly-fitted shoes.

Response: Rest and ice provide relief, however in some cases, over-the-counter supports and anti-inflammatories may need to be prescribed.

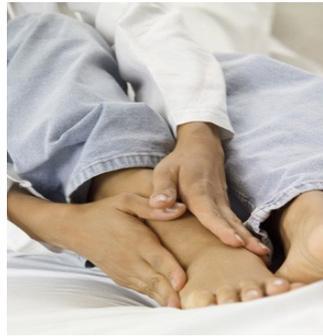
Blisters

Reason: Friction from shoes that don't fit right or are too stiff.

Response: Keep feet dry and wear socks with properly-fitted shoes. Never pop a blister. If painful, carefully open a corner of the blister closest to the bottom of the foot with a sterilized instrument, like a sewing needle, drain and immediately apply antibiotic cream and a bandage.

Ingrown Toenails

REASON: Improper trimming or too much pressure on feet in tight-fitting shoes, resulting in redness, pain or swelling around the nail. Can also result from poor foot structure, hereditary factors, trauma or foot deformities.



RESPONSE: Do not use nail polish to cover discoloration. Instead, visit your podiatrist at the first sign of a problem to see what treatment may be necessary. Avoid tight-fitting shoes and socks and inspect nails daily. Be sure to trim nails straight across using toenail clipper, making sure not to round edges.

Bunions

Reason: A bump at the base of the big toe that is swollen, tender or painful when in the shoe, often caused by misalignment of the joints. Ill-fitting shoes, hereditary factors, trauma, biomedical abnormalities, neuromuscular disorders, inflammatory joint disease, congenital deformities or arthritis can also be culprits.

Response: Avoid pointy and narrow shoes or shoes with stitching or seams that rub bony areas of the foot. If painful, bunions can be surgically removed by your podiatrist.

Plantar Fasciitis

Reason: Excessive weight gain resulting in pain on the bottom of the heel or in the arch. May also be caused by bony overgrowth on the heel, muscle imbalance, high or low arched feet, improper shoe gear, excessive activity or trauma.

Response: Exercise and stretch feet daily and wear strong and supportive shoes that don't put undue stress on the ball or heel. Visit your podiatrist who can examine and see if medications or orthotics are necessary.

Bromhidrosis (Foot Odor)

Reason: Increased perspiration from the more than 250,000 sweat glands in the foot due to increased body temperature. Results in sweaty, smelly feet that do not itch or appear to have a rash.

Response: Rub cornstarch or spray antiperspirant directly onto the soles of the feet and spray Lysol into shoes. Keep shoes and socks dry and change shoes regularly. Wear socks that wick away moisture.



YOUR FEET

The human foot is complex, containing within its relatively small size 26 bones (the two feet contain a quarter of all the bones in the body), 33 joints, and a network of more than 100 tendons, muscles, and ligaments, not including blood vessels and nerves.

An average day of walking, for example, brings a force equal to several hundred tons to bear on the feet. This helps explain why your feet are more subject to injury than any other part of your body.

Foot ailments are among the most common of our health problems. Most foot problems stem from the cumulative impact of a lifetime of abuse and neglect. Studies show that 75 percent of

Americans experience foot problems of a greater or lesser degree of seriousness at some time in their lives.

Your feet, like other specialized structures, require specialized care. Your NorthPointe Foot & Ankle podiatrist can make an important contribution to your health, whether it is regular preventative care or surgery to correct a deformity.

In order to keep your feet healthy, you should be familiar with the most common ills that affect them. Remember, though, that self-treatment can often turn a minor problem into a major one, and is generally not advisable.

Did you know that our website (www.MichiganFootCare.com) features educational videos and information on foot health?

PSORIASIS AND YOUR FEET

Psoriasis is a skin condition caused by faster-than-normal turnover of skin cells. Normally, new skin cells rise to the surface of the skin once a month; the old surface skin cells die and slough off while the new cells are moving to the surface. In people who have psoriasis, the new cells move to the surface so rapidly that the dead cells build up on the surface in dry, whitish-silver patches. Some people have mild cases of psoriasis. Others have extensive cases that affect multiple parts of the body.

Symptoms

People with psoriasis typically have areas of thick, reddened skin with dry, whitish-silver patches. The dry patches are called psoriatic plaques. The skin may feel itchy. Psoriasis is most commonly found on the elbows, knees, and bottoms of the feet. It can also affect the fingernails, toenails, and joints of the body.

If you have psoriasis on your feet, see your NorthPointe Foot & Ankle doctor. Your podiatrist can also help determine the cause of reddened, itchy feet. (Psoriasis can mimic severe athlete's foot or contact dermatitis.) If you have red, irritated feet that haven't responded to home or medical treatment, see your podiatrist.

Diagnosis and Treatment

Your podiatrist will carefully examine your feet and may also take a tiny sample (biopsy) of the affected area to confirm a diagnosis of psoriasis.

Treatment depends on the severity of the disease. Mild cases of psoriasis can be treated with topical steroid creams, applied directly to the area. More severe cases of psoriasis may need systemic (whole body) treatment. Drugs that depress the immune system, including methotrexate and cyclosporine, help some people with psoriasis. Certain biologic drugs are also useful for psoriasis. If you have severe psoriasis, you may work with a variety of medical specialists to get your psoriasis under control.

Prevention

You can't prevent the development of psoriasis, but you can avoid things that make your psoriasis worse. Stress management techniques may help some people with psoriasis. Alcohol, dry air, and too much or too little sunlight seems to trigger psoriasis for some people, so controlling your exposure to things that irritate your psoriasis may help. Talk to your podiatrist to find out what you can do to control your psoriasis at home.



NORTHPOINTE FOOT & ANKLE

Did you know that our doctors have over 100 years of combined podiatric experience and are on staff at the areas' finest hospitals, including:

William Beaumont Hospital
Botsford Hospital
Oakland Regional Hospital
St. John Oakland
DMC Surgery Hospital

In 2012, Dr. Marc Weitzman and Dr. David Ungar joined the NorthPointe team of podiatrists: Drs Jeffrey Frederick, Lee Hoffman, Charles Kissel and Michael Schey.

OFFICE HOURS:

Monday: 9 am - 7 pm
Tuesday: 9 am - 6 pm
Wednesday: 8 am - 5 pm
Thursday: 9 am - 7 pm
Friday: 8 am - 5 pm

Appointments can be easily made by calling 248-545-0100 or request an appointment on-line and complete pre-registration forms at www.MichiganFootCare.com.



We Welcome New Patients!

www.MichiganFootCare.com

