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## Product Feature

### HAPAD Longitudinal Metatarsal Arch Pads

If you have pronation concerns, flat feet, fallen or high arches, you may want to consider these arch pads.

The patented design of this arch pad provides support for the longitudinal *and* metatarsal arches in one easy-to-fit pad.

This soft correction supports flat or weak arches while allowing the foot to exercise and flex to help strengthen the arches.



Please stop by our office to purchase this product. Or, for this and other foot care products, visit our online store at: MichiganFootCare.com.

# NorthPointe News

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## Don't Get Left Out in the Cold... Learn How to Prevent Frostbite!

Cold temperatures can be devastating to individuals who are unprepared. Prolonged exposure to extremely cold temperatures can lead to severe injury if proper treatment is not provided in a timely manner.

47% of frostbite cases involve the foot and ankle. Your NorthPointe Foot & Ankle physician can identify frostbite injuries and provide appropriate treatment.

Frostbite injuries to the feet are classified as either superficial or deep. Superficial frostbite involves the skin, whereas deep frostbite includes damage to skin, deep connective tissue, muscles, tendons, nerves and bones.

The most effective way of dealing with frostbite is to prevent it from occurring in the first place. If you know you will be exposed to the cold weather, follow these tips:

- Drink plenty of water and avoid alcohol.
- Dress appropriately.
- If you begin to feel pain, numbness or tingling in your feet, get out of the cold as soon as possible.
- Ski sock liners provide warmth and may be worn under regular socks.

The first thing a podiatrist looks for in a patient with frostbite is hypothermia. After re-warming the affected area (which generally takes about 20 minutes), the doctor will apply a loose, sterile dressing and immobilize the injured foot in order to minimize circulation problems. In addition, oral and intravenous medications may be administered.

In severe cases, surgery may be necessary, depending on the depth and extent of tissue damage. The podiatrist's ultimate goal is to reduce pain and return the patient to normal activity as soon as possible.

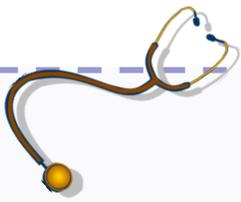
Frostbite is a very serious injury that can involve significant damage to the feet. Therefore, prompt diagnosis and proper treatment by a podiatric physician is essential.



### Get Ready for Ski Season

Ski season is here! As with any sport, ski injuries occur. Minimize your risk of injury by being prepared.

- Biomechanical problems of the foot, such as over-pronation can increase the risk of injury. Ask your podiatrist if orthoses can be used to correct the biomechanics of your foot in your ski boot.
- Make sure your equipment is properly maintained and fitted. Your NorthPointe physician can also recommend appropriate boot support for your foot.
- As with all sports, make sure to warm up and cool down. A warm up may consist of a short jog followed by stretches for the hamstrings, iliotibial band, quadriceps and calf muscles.
- Only ski on the slopes that are appropriate for your skiing ability. Don't try to tackle a slope identified for more experienced skiers until you are ready.



# Your Feet = Your Health

Diseases, disorders and disabilities of the foot or ankle affect the quality of life and mobility of millions of Americans. Many people are unaware of the important relationship between foot health and overall health and well being. With this in mind, we would like to share a few tips to help keep your feet healthy.

- Don't ignore foot pain — it's not normal. If the pain persists, see your NorthPointe Foot & Ankle physician.
- Inspect your feet regularly. Pay attention to changes in color and temperature of your feet. Look for thick or discolored nails (a sign of developing fungus), and check for cracks or cuts in the skin. Peeling or scaling on the soles of feet could indicate athlete's foot. Any growth on the foot is not considered normal.
- Wash your feet regularly, especially between the toes, and be sure to dry them completely.
- Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toe nails. Persons with diabetes, poor circulation, or heart problems should not treat their own feet because they are more prone to infection.
- Make sure that your shoes fit properly. Purchase new shoes later in the day when feet tend to be at their largest and replace worn out shoes as soon as possible.
- Select and wear the right shoe for the activity you are engaged in (i.e., running shoes for running).
- Alternate shoes — don't wear the same pair of shoes every day.
- Avoid walking barefooted — your feet will be more prone to injury and infection.
- Be cautious when using home remedies for foot ailments; self-treatment can often turn a minor problem into a major one.
- If you are a person with diabetes, it is vital that you see a podiatric physician at least once a year for a check-up.

Your NorthPointe Foot & Ankle physician has been trained specifically and extensively in the diagnosis and treatment of all manner of foot conditions. This training encompasses all of the intricately related systems and structures of the foot and lower leg including neurological, circulatory, skin and the musculoskeletal system, which includes bones, joints, ligaments, tendons, muscles and nerves.

## Keeping Our Community Warm



For a second year, NorthPointe Foot & Ankle joined the Berkley Senior Center and the Berkley Red Hats in collecting new gloves, hats, scarves and socks for all ages.

The gifts were collected for less fortunate families in our local Berkley community, including students in the Berkley School District.

Together we gave almost 100 neighbors the gift of warmth!

**THANK YOU!**

If you would like to receive our monthly newsletter, send your email address to [doctors@northpointefoot.com](mailto:doctors@northpointefoot.com)

## Start the Year Off on the Right Foot

The new year is a time to reflect upon our lives and assess new goals for ourselves. Make your health a priority this year. Here are some healthy habits to consider:

- Get on your feet and adopt a regular exercise program.
- Incorporate more whole grains into your diet.
- De-stress your life by making realistic goals.
- Laugh...it's the best medicine!
- Learn something new or take up a new hobby.
- Help yourself by helping others.
- Don't ignore foot pain! We are here to help you.

**HAVE A SAFE AND HEALTHY 2012!**

[www.MichiganFootCare.com](http://www.MichiganFootCare.com)