

**NorthPointe Foot & Ankle**  
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**MichiganFootCare.com**

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## Product Feature

### CLARUS ANTIFUNGAL SOLUTION™

CLARUS ANTIFUNGAL SOLUTION is a safe, effective, oil-soluble formulation indicated for the treatment of athlete's foot and other foot concerns.

#### Product attributes:

- Oil-soluble Tolnaftate
- Will not stain
- Pleasant scent
- No removal or cleaning of residue
- Includes a convenient applicator Brush
- Paraben-free
- Clear and fast drying

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



For this and other foot care products visit our online store at :

[www.MichiganFootCare.com](http://www.MichiganFootCare.com)  
or stop by our office.

# NorthPointe News

VOLUME 4, ISSUE 1

JANUARY 2013

## AVOIDING FROSTBITE\*

When you're out in the cold, your body's first priority is to maintain its core temperature. To do that, it shifts blood away from the extremities and toward the central organs of the heart and lungs. This increases the risk of local cold injury such as frostbite to your arms, legs and feet.

If just the skin surface is affected, it's known as superficial frostbite; deep frostbite affects underlying tissues.

#### Who is at Risk?

- Anyone who is not dressed properly for the weather, is out in the cold for too long, or gets wet as well as cold.
- People with circulation problems, including diabetics and people with atherosclerosis.
- Anyone who has had a previous injury caused by cold.
- People who take certain drugs such as alcohol, nicotine, or beta-blockers, which decrease the flow of blood to the skin.

#### Avoiding Frostbite

It is easier to prevent frostbite than to treat it. If you must go out in bitter cold, be prepared.

- Dress appropriately. Light, loose, layered clothing provides both ventilation and insulation. Top your outfit with a water-repellent fabric.
- Protect your head, hands and feet. Mittens are warmer than gloves, and two pair of socks (wool over lightweight cotton) will help keep your feet warm.
- Don't drink or smoke before going out into the cold. Alcohol, caffeine and nicotine leave the skin more prone to thermal injury.
- If you get wet, get inside! Remove wet clothing as quickly as possible.
- Check yourself every half-hour or so for signs of frostbite. If your toes, fingers, ears or other body parts feel numb, get inside.

#### Symptoms

- The affected area becomes numb; the individual may complain of a loss of feeling.

The skin may feel frozen, but deeper tissues are soft (superficial frostbite) or the entire affected area feels solid, hard, and frozen (deep frostbite).

- Skin appears waxy, white, or grayish.

#### Treatment

Frostbite can be a very serious cold injury. Seek medical care promptly if you suspect frostbite has occurred. If medical care is

not readily available, follow these "do's and don'ts" for first aid for frostbite:

#### The "DOs"

- DO get the person into a warm room as soon as possible.
- Call for medical assistance. You can also give the person warm drinks, such as broth or tea.
- Avoid walking on frostbitten feet, and elevate them slightly.
- DO take off any wet or restrictive clothing.
- Immerse the area in warm water (NOT HOT water) for at least 30 to 45 minutes, or until the affected part feels warm and sensation returns. The patient may complain of severe pain and the injured area may swell and change color.
- Leave blisters intact, and cover them with a sterile or clean cloth.

#### The "DO NOTs"

- DO NOT rub the area with your hands, with snow, or with anything else.
- DO NOT start to warm the affected area if there is any chance that it will be exposed to the cold again.
- DO NOT use dry heat, such as from a heating pad, sunlamp, fire, or radiator, to try to warm the area. Because the skin is numb and will not feel the heat, it can easily be burned by dry heat.

\*Information is from the American Academy of Orthopaedic Surgeons.



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

# Is It Time for New Diabetic Shoes?

You, or someone you know may have diabetes. If so, January is the perfect time to order new diabetic shoes through the Federal Diabetic Shoe Program. Each year, Medicare will cover the cost of one pair of diabetic shoes and inserts for diabetic patients that qualify.

## Why Special Shoes?

It is important for persons with diabetes to have shoes with good air circulation. By ensuring proper fit and good air circulation, properly designed diabetic shoes prevent pressure ulcers, encourage good blood circulation, and allow the skin to breathe.



The practice offers many items designed specifically for diabetic patients - shoes, socks, slippers, lotions, wound care ointment, etc.

Even diabetic patients without Medicare are strongly encouraged to make an appointment at North-Pointe Foot & Ankle to receive a comprehensive, ten point foot exam. Amputations and serious diabetic foot problems can be prevented with early diagnosis and proper care.

## Preventing Winter Sports Injuries

More than 440,000 people were treated at hospitals, doctor's offices, and emergency rooms for winter sports-related injuries in 2010, according to the US Consumer Product Safety Commission.



- 144,000 injuries from snow skiing
- 148,000 injuries from snow boarding
- 58,500 injuries from ice skating
- 91,000 injuries from sledding and tobogganing

Common winter sports injuries include sprains, strains, dislocations, and fractures. Many of these injuries happen at the end of the day, when people overexert themselves to finish that one last run before the day's end. A majority of these injuries can easily be prevented if participants prepare for their sport by keeping in good physical condition, staying alert, and stopping when they are tired or in pain.

There are many things you can do to help prevent injury during favorite winter activities.

- Never participate alone in a winter sport.
- Keep in shape and condition muscles before participating in winter activities.
- Warm up thoroughly before playing or participating. Cold muscles, tendons, and ligaments are vulnerable to injury.
- Wear appropriate protective gear, including goggles, helmets, gloves and padding.
- Check that equipment is working properly prior to use.
- Wear several layers of light, loose and water- and wind-resistant clothing for warmth and protection. Layering allows you to accommodate your body's constantly changing temperature. Wear proper footwear that provides warmth and dryness, as well as ample ankle support.
- Know and abide by all rules of the sport in which you are participating.
- Take a lesson (or several) from a qualified instructor, especially in sports like skiing and snow boarding. Learning how to fall correctly and safely can reduce the risk of injury.
- Pay attention to warnings about upcoming storms and severe drops in temperature to ensure safety.
- Seek shelter and medical attention immediately if you, or anyone with you, is experiencing hypothermia or frostbite. Make sure everyone is aware of proper procedures for getting help, if injuries occur.
- Drink plenty of water before, during, and after activities.
- Avoid participating in sports when you are in pain or exhausted.

Dr. Frederick shared advice on buying boots on TV2. Watch the video on You Tube.



[DrFrederick-WinterBoots.avi](#)

## THANK YOU For Warming Up Your Neighbors!

From November 26—December 14, NorthPointe Foot & Ankle joined the Berkley Senior Center and the Berkley Youth Assistance Club to collect new gloves, hats, scarves and socks for all ages.

Hundreds of donations were collected and distributed to those less fortunate in the community before Christmas—including students in the Berkley School District.

We would like to extend a heartfelt thank you to all that supported this important drive.



## HAVE A HAPPY, HEALTHY 2013!



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