

NorthPointe Foot & Ankle
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Product Feature

Dr. Jill's Gel Callus Cushions—Self-sticking and Reusable

Features:

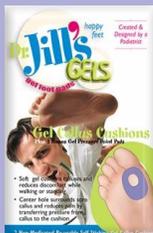
- * Soft gel cushions the calluses and reduces ball of foot discomfort
- * Self-stick cushions make for easy application
- * Washable and re-usable cushions
- * For use in all styles of footwear

How They Provide Comfort:

- * Center hole surrounds painful callus and reduces pain by transferring pressure from the callus to the cushion
- * Excellent cushioning and long lasting support for calluses

Possible Uses:

- * Calluses
- * Dropped metatarsal head pain
- * Fat pad atrophy
- * Neuroma
- * Metatarsalgia



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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Fitness Related Foot Issues

Michigan is a great place to be in the summer and now is a great time to get outside and enjoy fitness activities. As you increase your physical activity, keep in mind that these activities affect your feet! Wearing proper fitting shoes is essential. However, even with the right shoes, foot conditions may still occur because of the impact of exercise on your feet:



areas or against an irregularity in a shoe (another reason to have your shoes properly fitted). Corns ordinarily form on the toes and calluses on the soles of the feet, but both can occur on either surface. Never cut corns or calluses with any instrument, and never apply home remedies, except under a podiatrist's instructions.

Athlete's Foot is a skin disease which frequently starts between the toes, then may spread to other parts of the foot and body. It is caused by a fungus that commonly attacks the feet and begins in the warm, dark, climate of shoes or public places such as locker rooms or showers. You can prevent infection by washing your feet daily in soap and water; drying carefully, especially between the toes; changing shoes and hose regularly to decrease moisture; and using foot powder on your feet and in your shoes on a daily basis. Also remember to wear footwear in public places.

Blisters are caused by skin friction and moisture, often from active exercising in poorly fitting shoes. If the blister isn't large, apply an antiseptic and cover with a bandage. Continue to bandage until the blister falls off naturally in the bath or shower. If it is large, it may be appropriate to lance the blister with a sterile needle, piercing it several times at its roof. Drain the fluid as thoroughly as possible before applying an antiseptic, and bandaging. If the area appears infected or excessively inflamed, see your NorthPointe podiatrist. Keep your feet dry and wear a layer of socks as a cushion.

Corns and Calluses are layers of compacted, dead skin cells. They are caused by repeated friction and pressure from skin rubbing against bony

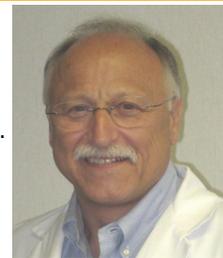
Heel Pain is generally traced to faulty biomechanics which place too much stress on the heel bone. Stress also can result from a bruise incurred while walking or jumping on hard surfaces or from poorly made or excessively worn footwear. Inserts designed to take the pressure off the heel are generally successful. *Heel spurs* are bony growths on the underside, forepart of the heel bone. Pain may result when inflammation develops at the point where the spur forms. Spurs can also occur without pain. Both heel pain and heel spurs are often associated with *plantar fasciitis*, an inflammation of the long band of supportive connective tissue running from the heel to the ball of the foot. In addition, some general health conditions -- arthritis and gout, for example -- also cause heel pain. Your NorthPointe physician can inform you of the many excellent treatments for heel pain and heel spurs.

Fitness and Your Podiatrist

Your NorthPointe Foot & Ankle doctor can make an important contribution to your total health and to the success of your fitness program. While podiatrists focus on foot care, they are aware of your total health needs and should be seen as part of your annual medical checkup. If your foot ailments are related to a more generalized health problem, your podiatrist will consult with your primary physician or refer you to an appropriate specialist.

WELCOME DR. WEITZMAN!

Beginning July 1, the doctors and staff at NorthPointe Foot & Ankle will welcome a new doctor to the practice. Marc Weitzman, D.P.M. is Board Certified in foot surgery. He has been in private practice in the Royal Oak area for over 30 years. Dr. Weitzman has particular interest in biomechanics and mechanical issues that affect the feet. He is a welcome addition to the NorthPointe Foot & Ankle team.





Hitting the Road...Walk Yourself Healthy

Before you get walking, a series of loosening-up exercises will help alleviate any muscle stiffness or pulled muscles that may be ahead of you.

Take five deep breaths for each slow stretch and hold the stretched muscle firm without bouncing. After every walk, stretch again to improve circulation and decrease buildup of lactic acid, the chemical byproduct that causes muscles to ache.

Setting appropriate goals is vital to a successful walking program. First, make walking a habit. Start slowly, with five or ten-minute walks three to five times a week. As walks get longer, their frequency can be adjusted.

Before you know it, you'll be making time for weekly walks wherever you are. But don't overdo it. Starting too quickly and getting injured or uncomfortably sore can sour you on the whole

idea before it's had a chance to work its magic on your mind and body.

Start your walks slowly, and gradually work up to a brisk speed that will cover a mile in 15 minutes (that's four miles per hour). Measure a one-mile stretch, record your time, and see how you improve as the weeks go by.

To get significant benefits from walking, you must eventually be able to walk 20 minutes at a brisk pace without stopping. Walks shouldn't last more than an hour. Calculate your week's total walking time in minutes, then try to increase it by 10 percent each week. A starting regimen should involve walking at least three times per week, but never exceeding five times a week. Walking every day denies the body the rest time it needs to repair minor injuries and could lead to more serious ones.



Shoes for Athletics

Different sports activities call for specific footwear to protect feet and ankles. Sports-specific athletic shoes are a wise investment for serious athletes, though perhaps a less critical consideration for the weekend or occasional athlete. Nevertheless, it's a good idea to use the correct shoe for each sport. Probably a more important consideration is the condition of the shoe. Don't wear any sport or other shoes beyond their useful life as they no longer provide support or the padding necessary for you comfort.

Athletic footwear should be fitted to hold the foot in the position that's most natural to the movement involved. For example, a running shoe is built to accommodate impact, while a tennis shoe is made to give relatively more support and permit sudden stops and turns. For sports, "cross trainers" are fine for a general athletic shoe, such as for physical education classes.

When a child or adult is involved more heavily in any single sport, he or she should have a shoe specifically designed for that sport. If you have any questions about the support you need, contact your NorthPointe physician.

ADA Tour de Cure

Our NorthPointe doctors, as part of the Michigan Podiatric Medical Association, were pleased to support this years' bike ride fundraiser for the American Diabetes Association -the 2012 Tour de Cure. A goal of \$445,000 was set for the event that attracted over 1,100 riders.

If you, or a loved one, has diabetes, please learn about the importance of proper foot care. Order our **FREE** book [Diabetes and Foot Care](#) at: www.MichiganFootCare.com.



Dr. Jodie Sengstock of MPMA with Dr. Jeffrey Frederick

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.

- * **Senior Activity Day: July 11 9:30 a.m.—2 p.m.** Enjoy a day of fun including breakfast, lunch, games and more at the Community Center.. NPFA is also sponsoring the delicious lunch!
- * **Jaycee Park Jamboree: July 19 5:30—8:30 p.m.**
- * **Community Picnic: July 21 11 a.m.—3 p.m.**

JUST THE BASICS!

NorthPointe Foot & Ankle continues to collect basic items to donate to our troops in Afghanistan. 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.

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