

**NorthPointe Foot & Ankle**  
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## Product Feature

### Tripod Plantarstat Wart Remover

Tripod Labs Plantarstat Wart Remover effectively removes common and plantar warts. The easy-to-use tip applies medicine directly to the affected area.

This treatment combines traditional medicines with powerful herbal extracts. To enhance results, gently file the wart after bathing with an emery board or pumice stone before applying Plantarstat liquid and then cover the wart with adhesive tape. Continue treatment until wart is completely removed.

You can purchase this product and others at NorthPointe Foot & Ankle's office or on-line at: MichiganFootCare.com.



# NorthPointe News

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## Treatment for Warts

Most foot warts, also known as *verrucae*, are harmless, even though they may be painful. They are often mistaken for corns or calluses, which are layers of dead skin that build up to protect an area which is being continuously irritated. A wart, however, is caused by a viral infection which invades the skin through small or invisible cuts and abrasions. Foot warts are generally raised and fleshy and can appear anywhere on the foot or toes. Occasionally, warts can spontaneously disappear after a short time, and then, just as frequently, they recur in the same location. If left untreated, warts can grow to an inch or more in circumference and can spread into clusters of warts. Children, especially teenagers, tend to be more susceptible to warts than adults.

*Plantar warts* appear on the soles of the feet and are one of several soft tissue conditions that can be quite painful. Unlike other foot warts, plantar warts tend to be hard and flat, with a rough surface and well-defined boundaries. They are often gray or brown (but the color may vary), with a center that appears as one or more pinpoint of black.

Plantar warts are often contracted by walking barefoot on dirty surfaces or littered ground. The virus that causes plantar warts thrives in warm, moist environments, making infection a common occurrence in public pools and locker rooms. Like any other infectious lesion, plantar warts are spread by touching, scratching, or even by contact with skin shed from another wart. The wart may also bleed, another route for spreading.

Plantar warts that develop on the weight-bearing areas of the foot (the ball or heel of the foot) can cause a sharp, burning pain. Pain occurs when weight is brought to bear directly on the wart, although pressure on the side of a wart can create equally intense pain.



### To prevent the spread of warts, follow these tips:

- Avoid direct contact with warts, both from other persons or from other parts of the body.
- Avoid walking barefoot, except on sandy beaches.
- Change your shoes and socks daily.
- Check your children's feet periodically.
- Keep your feet clean and dry.

It is important to note that warts can be very resistant to treatment and have a tendency to reoccur. Over-the-counter foot wart treatments are usually ineffective because of the depth and thickness of the wart due to its location on the bottom of the foot. Their use can also inadvertently destroy surrounding healthy tissue. Please *contact our office* for help in effectively treating warts.

Our practice is expert in recommending the best treatment for each patient, ranging from prescription ointments or medications to, in the most severe cases, laser cautery.

## Join the NPFA in Supporting the ADA

NorthPointe Foot & Ankle (NPFA) is pleased to be a part of the American Diabetes Association's Rock Our Ride Tour de Cure. You can show your support for the ADA by joining NPFA's team or sponsoring a rider (Dr. Frederick is riding!) There's something for everyone - from a leisurely short distance to a more challenging, fast-paced, lengthy ride. Food, entertainment and an expo is also part of the day. The event is scheduled for Saturday, June 11. All of the routes start and finish at Brighton High School. Visit [www.diabetes.org/michigantourdecure.com](http://www.diabetes.org/michigantourdecure.com) or call 248-433-3830, ext. 6694.



## Ingrown Toenails

Ingrown nails, the most common nail impairment, are nails whose corner or sides dig painfully into the soft tissue of nail grooves, often leading to irritation, redness and swelling. Usually, toenails grow straight out.

Sometimes, however, one or both corners or sides curve and grow into the flesh, often causing infection. The big toe is usually the victim of the condition, but other toes can also become affected. Ingrown toenails may be caused by improperly trimmed nails, heredity, shoe pressure, or repeated trauma to the feet from normal activities.

Toenails should be trimmed straight across, slightly longer than the end of the toe, with toenail clippers. If they become painful or infected, contact our office.

We may remove the ingrown portion of the nail and if the condition reoccurs frequently, may permanently remove the nail.



### CAN A V-SHAPE TRIMMING PREVENT INGROWN TOENAILS? No!

- Trimming in a v-shape will not prevent a painful ingrown toenail, it will actually cause your ingrown toe nail to get worse.
- The "v" shape will remain as the nail continues to grow out. The nail will not grow toward the center as some myths would lead you to believe.
- To help prevent ingrown toenails, you should cut your toenails straight across so that they do not curve around and dig into your skin.
- It is also helpful to use a toenail file so that the nail is not sharp or jagged, possibly digging into the surrounding skin.

Remember, if your ingrown toenail is complicated by diabetes, neuropathy or poor circulation, you should schedule an appointment to have your toenails inspected by a podiatrist to avoid further complications.

## Summer Pedicure Advice

If you are making an appointment to receive a pedicure, here are some good things to keep in mind:

- Ask your technician if the instruments used are clean and sterilized after each use.
- Inquire if foot tubs or basins are drained and wiped down with an antibacterial cleaner after performing each pedicure.
- Your nail technician should wash his/her hands between clients or wear gloves.
- If you are diabetic, pedicures are not advised. Visit your podiatrist before receiving a pedicure to identify any potential risks.
- Do not allow aggressive cleaning. Nails should be cut straight with rounded edges. If bleeding of calluses occurs, see your podiatrist.
- Discolored or sickly nails should be treated by your podiatrist

## Health Expo a Success!



Drs. Frederick & Hoffman

The first Northpointe Medical on Woodward Health and Wellness Expo was a tremendous success! We had more than 100 people attend and participate in free health screenings and consultations.

Doctors from Northpointe Heart Center, NorthPointe Foot & Ankle, Chau Plastic Surgery and Northpointe Eye Specialists were all on hand to interact with event participants.



Jenn Nunley & Darcy Elwart

By providing screenings, consultations and health information to the community, the specialists at Northpointe Medical were able to help our neighbors identify risk factors and abnormalities that they may possess that could result in lasting problems, diabetes or other health issues.

Our special thanks to Coffee Beanery of Berkley for providing the coffee! Stay tuned for other Northpointe Medical on Woodward events.

## Upcoming Events

### May - Free Tour de Cure Foot & Shoe Screenings

Our doctors will examine participants feet and bike riding shoes to identify potential problems prior to the tour. Call ahead for an appointment.

### June 11 - ADA Tour de Cure Bike Ride

Bike ride fundraiser for the American Diabetes Association at Brighton High School.

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