

NorthPointe Foot & Ankle
27901 Woodward Ave.
Suite 110
Berkley, MI 48072
(248) 545-0100
MichiganFootCare.com

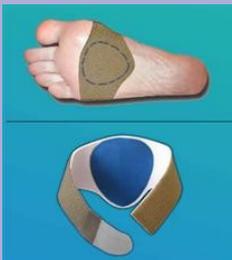
Jeffrey Frederick, DPM
Lee Hoffman, DPM
Charles G. Kissel, DPM
Michael Schey, DPM

Product Feature

Dr. Roth's TABS Metatarsal Arch Supports

TABS provide instant relief to soreness of the ball of the foot. TABS help your feet feel better by offloading painful pressure from the sensitive metatarsal heads, and redistributing the weight to the metatarsal shafts and arch of the foot. TABS are used to relieve pain caused by arthritic joints.

TABS can be worn with almost any shoe, sandal, or even when barefoot. TABS' adjustable compression bands and shock-absorbent pads provide foot comfort like you've never felt before! They are hand washable and reusable. One size fits all.



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

NorthPointe News

VOLUME 3, ISSUE 5

MAY 2012

Arthritis and Your Feet

Arthritis is an inflammation and swelling of the cartilage and lining of the joints, generally accompanied by an increase in the fluid in the joints. Arthritis is a disabling and occasionally crippling disease afflicting almost 50 million Americans. In some forms, it appears to be hereditary. Although the prevalence of arthritis increases with age, all people from infancy to middle age are potential victims. People over 50 are the primary targets.

If the feet seem more susceptible to arthritis than other parts of the body, it is because each foot has 33 joints that can be afflicted, and there is no way to avoid the pain of the tremendous weight-bearing load on the feet. Arthritic feet can result in loss of mobility and independence. However, early diagnosis and proper medical care can limit or slow the damage.

Symptoms of arthritis in the foot and ankle include:

- Early morning stiffness.
- Limitation in motion of joint.
- Recurring pain or tenderness in any joint.
- Redness or heat in a joint.
- Skin changes, including rashes and growths.
- Swelling in one or more joints.



Forms of Arthritis

Osteoarthritis is the most common form of arthritis. It is frequently called *degenerative joint disease* or *wear and tear arthritis*. Aging usually brings on a breakdown in cartilage, and pain gets progressively more severe. Dull, throbbing nighttime pain is characteristic, and may be accompanied by muscle weakness or deterioration. Many of these

symptoms can be relieved with rest. Overweight people are particularly susceptible to osteoarthritis. The additional weight contributes to the deterioration of cartilage and the development of bone spurs.

Rheumatoid arthritis is a major crippling disorder and the most serious form of arthritis. It is a complex, chronic inflammatory group of diseases, often affecting more than a dozen smaller joints during its course. In the foot, it frequently affects both ankles and toes.

Arthritis of the foot and ankle can be treated in many ways, including:

- Physical therapy and exercise.
- Anti-inflammatory medication and/or steroid injections into the affected joint. Note: Please consult your physician before taking any medications.
- Orthotics or specially prescribed shoes.

JUST THE BASICS!



NorthPointe Foot & Ankle continues to collect basic items to donate to the 800+ marines and sailors of the 2nd Battalion, 6th Marines 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.

We have a special prescription for you!

As a patient of NorthPointe Foot and Ankle, you are eligible to receive a 20% discount on the popular shoe brand CROCS!

Visit MichiganFootCare.com to order.





Surgical Procedures for Arthritis

Patients who undergo surgery to correct painful arthritic conditions of the foot have usually failed conservative care with medications and shoe/insert modifications. If pain and disability are not relieved, there are basic procedures to remove portions of bone overgrowth that may cause pain (arthroplasty), partial joint replacements (usually to resurface a damaged large toe cartilage) and fusion procedures to eliminate pain and motion at damaged joints.

Additionally if the joints are not badly damaged, realignment procedures to remove abnormal stresses from particular joints or portions of joints may also be indicated.

There is usually no need to endure years of painful ambulation because of arthritic feet. Most conditions can be diagnosed and treated either conservatively or surgically by our doctors.



Surgical procedures used to treat arthritis include:

- *Hindfoot and ankle realignment.* This kind of procedure is usually prescribed when there is significant instability resulting in a patient being unable to walk. Various types of internal fixation are placed within the foot during this kind of procedure.
- *Midfoot realignment.* This kind of procedure is usually prescribed when there is significant instability of the middle portion of the foot. During a midfoot realignment, various types of internal fixation are placed within the foot.
- *Arthroplasty/Ostectomy.* In this procedure, a portion of bone is removed from, or around, a joint. This may relieve bone-on-bone grinding and pain from affected joints and improve shoe fitting issues that were caused by bony overgrowth from arthritis.

May is Arthritis Awareness Month!

To commence National Arthritis Awareness Month in May, the Arthritis Foundation is calling on Americans to get moving. As part of the *Let's Move Together* campaign, the Arthritis Foundation is hosting more than 200 Arthritis Walk events across the country. The events aim to spread the message about the health benefits of daily movement for the prevention and treatment of arthritis, and to raise funds to find a cure for the nation's leading cause of disability.

Those interested in participating in an Arthritis Walk at the Detroit Zoo, may sign up at www.letsmove-together.org. The site also gives you access to several tools, including the *Movement Tracker*, a convenient place to log minutes spent moving, monthly newsletters to stay updated on exercise tips, and podcasts with walking, motivation and nutrition tips. Also visit the site to receive a:

FREE ARTHRITIS TODAY WALKING GUIDE

This 16-page guide features articles on starting a walking plan, why walking is good for the whole body and ways to overcome barriers that prevent you from starting. It includes tips on finding the right shoes, tracking your heart rate and making walking a habit. Also featured are personal stories of walkers with arthritis and a Walking Diary.

According to the Arthritis Foundation, arthritis strikes 50 million adults (1 in 5) and 300,000 children in the United States.

Join the Arthritis Foundation in celebrating Arthritis Awareness Month to help spread the word about arthritis and learn ways to live a full, active life with this disease.



Self-Care Tips



Sleep soundly. If you have trouble sleeping at night, avoid caffeinated beverages in the afternoon. Try herbal tea instead.

Wear red. On days when you're feeling sluggish, try wearing something colorful for an immediate pick-me-up.

Sun protection. If you find it hard to rub in sunscreen, look for spray-on versions that go on easy and dry in minutes.

Get a handle on it. If a toothbrush is difficult to grip, try sliding the foam cylinder from a large sponge hair roller over the handle to make a more comfortable grip.

Straighten up. To boost your energy level, sit up straight. Slouching requires your muscles to work harder to hold up your body and that can lead to fatigue.

Keep your cool. When the weather is hot, drink plenty of cool, nonalcoholic, non-caffeinated beverages. Do not wait until you are thirsty to drink.

Pop a peppermint. Feeling fatigued? Eat a mint. The scent of peppermint decreases fatigue by up to 25 percent, according to research.

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

www.MichiganFootCare.com

