

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

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## Product Feature

### Gormel Creme

**Gormel Crème**, from Gordon Laboratories, includes 20% Urea. This cream is used for moisturizing and softening dry, cracked, calloused, rough and hardened skin on feet, hands and elbows.

**Gormel Crème** is a highly effective skin conditioner.

Urea adds elasticity to the skin to make it supple by drawing upon the body's own moisture. **Gormel Crème** helps prevent the painful splitting skin that can form on heels, and offers a prompt and effective way to get relief.

Ask your NorthPointe Foot & Ankle doctor if Gormel Cream 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



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## Diabetes and Your Health

### What Is Diabetes?

Diabetes is the inability to manufacture or properly use insulin, and it impairs the body's ability to convert sugars, starches, and other foods into energy. The long-term effects of elevated blood sugar (hyperglycemia) can lead to serious damage to the eyes, heart, kidney, nerves, and feet. Diabetes affects the lives of nearly 26 million people in the United States and nearly seven million don't even know they have the disease yet.

While there is no cure for diabetes, there is hope. With proper diet, exercise, medical care, and careful management at home, a person with diabetes can avoid the most serious complications and enjoy a full and active life. NorthPointe Foot & Ankle (NPFA) podiatrists play a key role in helping patients manage diabetes successfully and avoid foot-related complications.

### Foot Symptoms

Warning signs include the following:

- Skin color changes
- Swelling of the foot or ankle
- Numbness in the feet or toes
- Pain in the legs
- Open sores on the feet that are slow to heal
- Ingrown and fungal toenails
- Bleeding corns and calluses
- Dry cracks in the skin, especially around the heel

### Visit a Podiatrist

Because diabetes is a disease affecting many parts of the body, successful management requires a team approach. A podiatrist is an integral part of the treatment team and has documented success in preventing amputations:

- More than 65,000 lower limbs are amputated annually due to complications from diabetes.
- After an amputation, the chance of another

amputation within three to five years is as high as 50 percent.

- Including a podiatrist in your diabetes care can reduce the risk of lower limb amputation up to 85 percent and lowers the risk of hospitalization by 24 percent.

The keys to amputation prevention are early recognition and regular foot screenings performed by a podiatrist, the foot and ankle expert.

### Take Action

Visit your NPFA podiatrist for a **Comprehensive Diabetic Foot Exam**. This simple, painless examination helps diagnose the onset of foot problems due to diabetes.

If you have diabetes, follow these foot care tips:

- Inspect feet daily. Check your feet and toes every day for cuts, bruises, sores, or changes to the toenails, such as thickening or discoloration.
- Wear thick, soft socks. Avoid socks with seams, which could rub and cause blisters or other skin injuries.
- Exercise. Walking can keep weight down and improve circulation. Be sure to wear appropriate athletic shoes when exercising.
- Have new shoes properly measured and fitted. Foot size and shape may change over time. Shoes that fit properly are important to those with diabetes.
- Don't go barefoot. Don't go without shoes, even in your own home. The risk of cuts and infection is too great for those with diabetes.
- Never try to remove calluses, corns, or warts by yourself. Over-the-counter products can burn the skin and cause irreparable damage to the foot for people with diabetes.
- Regular checkups by your podiatrist—at least annually—are the best way to ensure that your feet remain healthy.





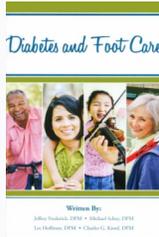
American Diabetes Association

# American Diabetes Month

November is American Diabetes Month, a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control. For years, the American Diabetes Association has used this month as an opportunity to raise awareness of the disease and its serious complications.

The podiatrists at NorthPointe Foot & Ankle know very well of the consequences of diabetes. They join the ADA this month in calling attention to the disease and the life-changing complications that can surface without proper care. Diabetic patients are strongly encouraged to come in for a comprehensive, ten point foot exam.

To aid in patient education, the NPFA doctors have written a book, "Diabetes and Foot Care." Patients can receive a FREE copy of this book by visiting our Website: [www.MichiganFootCare.com](http://www.MichiganFootCare.com)



The practice also participates in the Federal Diabetic Shoe Program and offers many items designed specifically for diabetic patients - socks, slippers, lotions, wound care ointment, etc.

We have assembled several links to helpful information on diabetes. These are informational sites only. **Please consult your healthcare provider prior to starting any program or medication:**

## Web Sites

**American Diabetes Association** - [www.diabetes.org](http://www.diabetes.org)

**Web MD** - [www.diabetes.webmd.com](http://www.diabetes.webmd.com)

**National Diabetes Information Clearing House** - [www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)

**Mayo Clinic** - [www.mayoclinic.com/health/diabetes](http://www.mayoclinic.com/health/diabetes)

**Centers for Disease Control and Preventions** - [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

**Diabetes Journal** - [www.diabetes.diabetesjournals.org](http://www.diabetes.diabetesjournals.org)

**Joslin Diabetes Center, affiliated with Harvard Medical School** - [www.joslin.org](http://www.joslin.org)

**Juvenile Diabetes Foundation** - [www.jdrf.org](http://www.jdrf.org)

## Diabetes Magazines

**Diabetic Gourmet** - [www.diabeticgourmet.com](http://www.diabeticgourmet.com)

**Diabetes Forecast** - [www.forecast.diabetes.org](http://www.forecast.diabetes.org)

**Diabetes Self-Management** -

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

**Diabetes Health** - [www.diabeteshealth.com](http://www.diabeteshealth.com)

## In Our Community

### Rotary Club Of Berkley's Annual Pancake Breakfast

Saturday, November 3  
7:30 am—1 p.m.



**ALL YOU CAN EAT!**

**Our Own Dr. Hoffman will be serving up pancakes!**

Adults \$6 Children \$3

Proceeds donated to:

**TAKE A STAND— NO PLACE FOR HATE Anti-Bullying Campaign**

First Untied Methodist Church  
2820 West 12 Mile Rd (at Kipling)  
Berkley

### Thank You!

Back in February, we began collecting basic items for troops in Afghanistan. Our program ended in October.

Due to your generosity, we have sent several shipments of items to hundreds of marines in the 2nd Marine Expeditionary Force and the 2nd Battalion, 6th Marines .

Your donations were greatly appreciated.

Thank you for supporting our men and women in the military!



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

### Warm up Your Neighbors!

NorthPointe Foot & Ankle is once again joining the Berkley Senior Center and the Berkley Youth

Assistance Club to collect new gloves,

hats, scarves and

socks for all ages.

The gifts will be distributed to those less

fortunate in the

community before

Christmas —including

students in the Berkley School District.

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**COLLECTION: OF NEW ITEMS**  
Monday, November 26 through  
Friday, December 14

Hats ❄️ Gloves  
Scarves ❄️ Socks

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

