

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
David Ungar, DPM
Marc Weitzman, DPM

Meet Our Team!

Maxine Munoz

When you visit our office, the first person to greet you is often Maxine Munoz. For the last three years, Maxine has been a receptionist for the office. She sits at our front desk to sign you in and out and is responsible for scheduling appointments and answering your billing questions and phone calls.

Maxine also helps patients purchase foot care products and keeps your records up to date.



When away from the office, Maxine spends time taking care of her granddaughter Ciara. At just 19 months, Ciara keeps grandma busy!

The next time you are at the office, this proud grandmother may have a Ciara story or two to share!

NorthPointe News

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DIABETES AND YOUR FEET

Foot problems are a big risk in diabetics. Diabetics must constantly monitor their feet or they may face severe consequences, including amputation. With a diabetic foot, a wound as small as a blister from wearing a shoe that's too tight can lead to a lot of damage. Diabetes decreases blood flow, so injuries are slow to heal. When a wound is not healing, the foot is at risk for infection and infections spread quickly in diabetics.

When a diabetic foot becomes numb, it may be at risk for deformity. One way this happens is through ulcers. Small, unattended cuts become open sores, which may then become infected. Our physicians are experts in the treatment of diabetic foot ulcers. They use all of the latest modalities to resolve difficult to heal wounds including live cell grafts and specialized casting techniques.

If you have diabetes, you should inspect your feet every day. Look for puncture wounds, bruises, pressure areas, redness, warmth, blisters, ulcers, scratches, cuts, and nail discoloration. Get someone to help you, or use a mirror.

Here's some basic advice for taking care of diabetic feet:

- Always keep your feet warm.
- Don't get your feet wet in snow or rain.
- Keep feet away from heat (heating pads, hot water pads, electric blankets, radiators, fireplaces). You can burn your feet without knowing it. Water temperature should be less than 92 degrees.
- Don't smoke or sit cross-legged. Both decrease blood supply to your feet.
- Don't soak your feet.
- Don't use antiseptic solutions (such as iodine or salicylic acid) or over-the-counter treatments for corns or calluses.

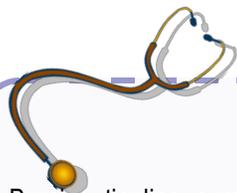
- Don't use any tape or sticky products, such as corn plasters, on your feet. They can rip your skin.
- Trim your toenails straight across. Avoid cutting the corners. Use a nail file or emery board. If you find an ingrown toenail, contact our office for treatment.
- Use quality lotion to keep the skin of your feet soft and moist, but don't put any lotion between your toes.
- Wash your feet every day with mild soap and warm water.



- Wear loose socks to bed.
- When drying your feet, pat each foot with a towel and be careful between your toes.
- Buy shoes that are comfortable without a "breaking-in" period. Avoid pointed-toe styles and high heels. Wear new shoes for only two hours or less at a time.
- Don't wear the same pair of shoes everyday. Don't lace your shoes too tightly or loosely.
- Choose socks and stockings carefully. Wear clean, dry socks every day and always wear socks with shoes. Avoid socks with holes or wrinkles. Thin cotton socks are more absorbent for summer wear. Square-toes socks will not squeeze your toes. Avoid stockings with elastic tops or garters.
- Never wear sandals or flip-flops and never go barefoot, indoors or out.
- Don't file down, remove, or shave off corns or calluses yourself.

Contact our office immediately if you experience any injury to your foot. **Even a minor injury is an emergency for a patient with diabetes.**

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



Why Can't I Feel My Feet?



Burning, tingling, numbness in your feet? Does this sound familiar? If you are a diabetic, and are experiencing some or all of these symptoms, you are experiencing classic signs of **diabetic peripheral neuropathy**.

Diabetic peripheral neuropathy is actual nerve damage that is the result of diabetes. Anyone who is a diabetic, or knows a diabetic, understands the havoc it can wreak on the body. The nerves are included in this path of destruction and this includes the nerves to your lower extremity and your feet. The damage to the nerves in your feet decrease your sensation, and this can lead to open wounds (ulcerations). Ulcerations can lead to amputations. How does this happen?

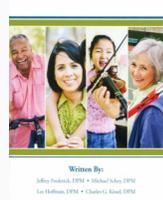
Normal sensation is the skin's protective mechanism which prevents it from becoming damaged. Loss of motor nerve function may also cause loss of the tone of the small foot muscles. This causes your foot to lose its original shape and produce areas of increased pressure. That increased pressure can then cause breakdown of the somewhat less sensitive skin, which can lead to ulcerations.

Diabetes can also affect the autonomic nerves which affects your skin's ability to maintain moisture. This loss of moisture makes your skin dry. Dry skin can lead to cracking, and this cracking in your skin can lead to ulcerations.

The most devastating effect diabetes has is on the sensory nerves. This numbness, burning and/or tingling is the loss of sensation you may be experiencing. This can affect part of your foot, your whole foot, or even your entire lower extremity. This loss of sensation means a loss of your body's ability to perceive increased pressure areas or changes in temperature. This loss of natural protection puts you at risk for ulcerations.

When you hear of a diabetic losing part of his or her foot, or one or both legs, you can now understand how and why this can happen. The damage produced by diabetes does not occur rapidly. The longer you have diabetes, or the more poorly controlled, the more danger is placed on life and limbs. Placing the emphasis on prevention, early attention to small problems, and routine care and examination is the key to making your feet last you a lifetime.

Diabetes and Foot Care

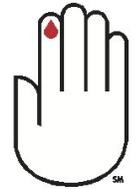


If you enjoyed this excerpt from our book, "Diabetes and Foot Care," please visit our Web site, www.MichiganFootCare.com to download a book request form and we will send you a complimentary copy of our book.

Diabetes Awareness Month

About 25.8 million* people in the U.S. have diabetes. The majority have been diagnosed, however, many are unaware they have diabetes. Diabetes is a disease where the body does not produce or respond to insulin—a hormone that converts sugar, starches and other foods into energy the body requires.

There are four types of diabetes: Types 1 and 2 diabetes, gestational diabetes, and prediabetes. Type 1 diabetes occurs when the body fails to produce any insulin. Approximately 10 percent of diabetics have this form that always requires injected insulin. Type 2 diabetes results from insulin resistance and insulin deficiency. The third type is gestational diabetes, diabetes during pregnancy. And lastly, prediabetes, a condition in which individuals have blood glucose or A1C levels higher than normal with an increased risk of developing type 2 diabetes, heart disease and stroke.



The cause for diabetes is unknown, although unhealthy lifestyles (lack of exercise, obesity, poor eating habits) have been proven to contribute to its onset.

For more information call the American Diabetes Association at 1-800-DIABETES or visit www.diabetes.org.

* CDC, January 2011



Rotary Club Of Berkley's 61st Annual Pancake Breakfast

Saturday, November 2, 7:30 am - 1:00 pm
ALL YOU CAN EAT!
Our own Dr. Hoffman will be serving up pancakes!

Adults \$6 Children \$3
Get tickets at the NorthPointe Office or at the Door
Proceeds donated to:
NO PLACE FOR HATE Anti-Bullying Campaign

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



November 28: Thanksgiving

The doctors and staff at NorthPointe Foot & Ankle would like to wish you a safe and happy Thanksgiving. We are thankful for your trust in us.

From our family to yours,
Happy Thanksgiving!