

**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

### daniPro Protective Nail Polish

Now you can keep your nails looking healthy and beautiful with daniPro's nail polish. daniPro is naturally infused with Undecylenic acid, a proven topical antifungal.

If you suffer from unsightly nail fungus or have discolored nails that break easily, daniPro may help. A range of luxurious colors, are offered.

daniPro features a smooth application, fast drying formula and the unique shaker ball ensures consistency.

Ask your NorthPointe physician if daniPro 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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## Corns and Calluses

Corns and calluses are areas of thickened skin that develop to protect that area from irritation. They occur when something rubs against the foot repeatedly or causes excess pressure against part of the foot. If the thickening of skin occurs on the bottom of the foot, it's called a callus. If it occurs on the top of the foot (or toe), it's called a corn.



Corns and calluses are not contagious but may become painful if they get too thick. In people with diabetes or decreased circulation, they can lead to more serious foot problems.

Corns often occur where a toe rubs against the interior of a shoe. Excessive pressure at the balls of the feet—common in women who regularly wear high heels—may cause calluses to develop on the balls of the feet. People with certain deformities of the foot, such as hammer toes, are prone to corns and calluses.

### Symptoms and Care

Corns and calluses typically have a rough, dull appearance. They may be raised or rounded, and they can be hard to differentiate from warts. Corns or calluses sometimes cause pain.

Mild corns and calluses may not require treatment. Unless you have diabetes, if the corn or callus isn't bothering you, it can probably be left alone. It's a good idea, though, to investigate possible causes of the corn or callus. If your footwear is contributing to the development of a corn or callus, it's time to look for other shoes. Your NorthPointe Foot & Ankle (NPFA) doctor can help you determine the cause. Also, people with diabetes, poor circulation, or other serious illnesses should have their feet checked.

If corns or calluses are causing pain and discomfort or inhibiting your daily life in any way, you should see your NPFA doctor.

### Diagnosis and Treatment

Your NPFA physician will conduct a complete examination of your feet. X-rays may be taken; your podiatrist may also want to inspect your shoes and watch you walk. He will also take a complete medical history. Corns and calluses are diagnosed based on appearance and history.

If you have mild corns or calluses, your podiatrist may suggest changing your shoes and/or adding padding to your shoes. Larger corns and calluses are most effectively reduced (made smaller) with a surgical blade. A podiatrist can use the blade to carefully shave away the thickened, dead skin—right in the office. The procedure is painless because the skin is already dead. Additional treatments may be needed if the corn or callus recurs.

Cortisone injections into the foot or toe may be given if the corn or callus is causing significant pain. Surgery may be necessary in cases that do not respond to conservative treatment.

### Prevention

- Wear properly fitted shoes. If you have any deformities of the toe or foot, talk to your podiatrist to find out what shoes are best for you.
- Gel pad inserts may decrease friction points and pressure. Your podiatrist can help you determine where pads might be useful.

**The Doctors at NorthPointe Foot & Ankle have a book that focuses on "Diabetes and Foot Care." Please visit our Website, [www.MichiganFootCare.com](http://www.MichiganFootCare.com) to download a book request form and we will send you a complimentary copy of our book.**

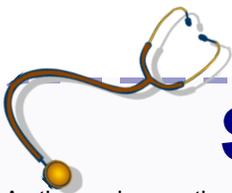
*Diabetes and Foot Care*



Written By:

John J. Hoffman, DPM & Michael Schey, DPM

Lee Hoffman, DPM & Charles G. Kissel, DPM



# Stress of High Heeled Shoes

As the cooler weather approaches, sandals and flip flops are stored and heeled shoes are worn more regularly. Although fashionable, we recommend that you minimize the amount of time spent wearing high heeled shoes. High heeled shoes can predispose the foot and the body to many different imbalances as opposed to a flat shoe.



High heeled shoes are usually accompanied by pointed-toe shoe styles. The narrow toe boxes leave little room for the toes. Along with the very little toe space and the over activity of muscles on the bottom of the foot, in order to keep the body stable while in a higher heel, hammer toe deformities frequently develop.

Standing barefoot, the falling line of body weight normally forms a 90 degree perpendicular angle with the floor. The body weight is distributed 50-50 between the heel and the forefoot. The moment any heel elevation is applied to the shoe, the normal 90 degree angle is changed, thereby altering the falling line of the body weight. The higher the heel the greater the body column change.

The frequent use of high heels can lead to shortening or contraction of the large Achilles tendon which is attached to the calf muscle in the back of the leg. In the case of women who become habitual wearers of higher heels, they usually develop the classic aching of the calf muscles and Achilles tendonitis, especially when there are shifts to lower heel shoes. The bursa that is located in the back of the heel is also affected by the change and function of the Achilles tendon leading to a bursitis in the back of the heel bone.

The muscles, ligaments and various body joints associated with the body column and foot system must make compensatory changes with the elevated heel. The toll on the body can lead to leg, back and foot aches. A minimal amount of heel lift serves as some protection for the arch and tendons in the foot. A heel of 3/4 inch to 1 1/2 inches is usually well tolerated and offers this protection without leading to additional problems.

Pain in the ball of the foot region leading to a bursitis of the joints in the ball of the foot may result from the added pressure due to the elevated heel. Instead of 50% of the body weight in the heel and 50% in the ball of the foot, with an elevation in the heel 90% of the body weight is now concentrated in the ball of the foot and 10% in the heel.

With higher heels, increased bowing of the arch on the bottom of the foot can lead to a contraction or shortening of the plantar fascia. The plantar fascia is the ligament that helps support the arch of the foot. Over time, the fascia can become vulnerable to strain or tearing when lower heels are worn or with aggressive walking or running.

Again, high heeled shoes may look very fashionable but prolonged and extensive use of these type of shoes can lead to many disabling deformities ranging from low back pain to foot pain.

## NPFA Get Kids Back to School on the Right Foot

The Michigan Podiatric Medical Association purchased 250 pair of athletic shoes to donate to children for the new school year. The shoe donation was enhanced by a generous contribution from the podiatrists at NorthPointe Foot & Ankle who gave new socks for each pair of shoes.

Four nonprofit agencies received the donations: Lighthouse of Oakland County in Pontiac; Coalition on Temporary Shelter (COTS) in Detroit; Turning Point in Mt. Clemens; and Lutheran Child & Family Services in Farmington Hills. The agencies support programs for families in need.



On Friday, August 24, Dr. Frederick joined other MPMA members to fit over 50 children in the PATH program of Lighthouse of Oakland County with the shoes and socks

## This and That...



### LAST MONTH FOR JUST THE BASICS! COLLECTIONS

NorthPointe Foot & Ankle will continue to collect basic items to donate to our troops in Afghanistan throughout October. Items requested are: toiletries, brown socks, army green t-shirts, flavoring water packets, sun screen, chap stick, band-aids, face wash towelettes, lotions, nail clippers, tweezers and nail files. Your donations to date have been greatly appreciated!

**NEXT UP:** In mid-November, we will once again host our annual hat and glove drive with the Berkley Senior Center and Berkley Red Hats.

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

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

