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Meet Our Team!

Jenn Nunn

One of the people that you see quite frequently in the office is Jenn Nunn. Jenn has worked for NorthPointe Foot & Ankle for six years - starting the year the practice was opened.

As receptionist, she greets you at the front desk and is one of the people that regularly answers your phone calls.

Whether checking patients in or out, she is there to help you with scheduling appointments or to assist you with your account.



Jenn loves the interaction with patients and is quick to remember your name.

As an avid shopper, you may run into her in a nearby mall or boutique.

She will be here to say, "Hello", the next time you are at the office!

NorthPointe News

VOLUME 4, ISSUE 10

OCTOBER 2013

BUNIONS

Even though bunions are a common foot deformity, there are misconceptions about them. Many people may unnecessarily suffer the pain of bunions for years before seeking treatment.

A bunion is often described as a bump on the side of the big toe. But a bunion is more than that. The visible bump actually reflects changes in the bony framework of the front part of the foot. The big toe leans toward the second toe, rather than pointing straight ahead. This throws the bones out of alignment – producing the bunion's "bump."

Bunions are a progressive disorder. They begin with a leaning of the big toe, gradually changing the angle of the bones over the years and slowly producing the characteristic bump, which becomes increasingly prominent. Symptoms usually appear at later stages, although some people never have symptoms.

Bunions are most often caused by an inherited faulty mechanical structure of the foot. It is not the bunion itself that is inherited, but certain foot types that make a person prone to developing a bunion.

Symptoms, which occur at the site of the bunion, may include: pain or soreness; inflammation and redness; burning sensation; and/or possible numbness.

Symptoms occur most often when wearing shoes that crowd the toes, such as shoes with a tight toe box or high heels. This may explain why women are more likely to have symptoms than men. In addition, spending long periods of time on your feet can aggravate the symptoms of bunions.

Because bunions are progressive, they don't go away, and will usually get worse over time. But not all cases are alike – some bunions progress more rapidly than others. Once your NorthPointe Foot & Ankle surgeon has evaluated your bunion, a treatment plan can be developed that is suited to your needs.

Non-Surgical Treatment

- **Observation** of the bunion with periodic evaluation and x-rays by your Northpointe Foot & Ankle doctor as advised.

- **Changes in footwear.** Wearing the right kind of shoe is very important. Choose shoes that have a wide toe box and forgo those with pointed toes or high heels which may aggravate the condition.

- **Padding.** Pads placed over the area of the bunion can help minimize pain. These can be obtained at our office or purchased at a drug store.

- **Activity modifications.** Avoid activity that causes bunion pain, including standing for long periods of time.

- **Medications.** Oral nonsteroidal anti-inflammatory drugs, such as ibuprofen, may be recommended to reduce pain and inflammation.

- **Icing.** Applying an ice pack several times a day helps reduce inflammation and pain.

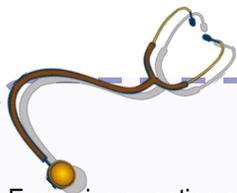
- **Injection therapy.** Although rarely used in bunion treatment, injections of corticosteroids may be useful in treating the inflamed bursa sometimes seen with bunions.

- **Orthotic devices.** In some cases, custom orthotic devices may be provided by the foot and ankle surgeon.



Surgical Treatment

A variety of surgical procedures are available to treat bunions. The procedures are designed to remove the "bump" of bone, correct the changes in the bony structure of the foot, and correct soft tissue changes that may also have occurred. The goal of surgery is the reduction of pain.



Do You Have Sweaty Feet?

Excessive sweating of the feet is called hyperhidrosis. It's more common in men than in women, and more common in young adults than older adults. People whose feet sweat excessively often also have problems with excessive sweating of the palms.

Excessive sweating of the feet seems to be an inherited problem. No one knows exactly why it occurs, but people who sweat excessively seem to have a different "set point" than other people. Most people sweat when it's hot out, or when they become warm. People with hyperhidrosis sweat excessively almost all the time.

The most obvious symptom of hyperhidrosis is feet that sweat excessively. Some people sweat so much that their feet may slip around inside their shoes. The feet may also have a whitish, wet appearance; sometimes, foot infections are present as well. Constant wetness breaks down the skin, allowing infection to set in. Foot odor is common.

Good foot hygiene is essential. Wash your feet daily with an antibacterial soap; be sure to wash between the toes. Dry the feet thoroughly, then apply cornstarch, foot powder, or an antifungal powder to your feet. Wear wicking socks that draw the moisture away from your feet instead of trapping it. Synthetic blends are designed to wick moisture away from the skin and work best to

keep the feet dry. One hundred percent cotton socks absorb moisture but do not wick it away from the skin and frequently lead to blisters, so they should be avoided.

It's also a good idea to change socks during the day. Stash an extra pair of socks at school or at work, and change socks mid-way through the day.



If your feet sweat excessively, see your NorthPointe Foot & Ankle podiatrist. Your podiatrist can help you control this embarrassing condition with treatment options that are tailored to your symptoms.

Prescription roll-on antiperspirants may be applied directly to the feet. Rarely, Botox injections can be employed to temporarily control excessive sweating of the feet. (The effect generally lasts for about six to nine months.)

Severe cases of hyperhidrosis may be treated with a surgical procedure called a sympathectomy, which interrupts the nerve signals that tell the body to sweat excessively.

Shoes for Athletics

Summer is ending and the changing of the seasons also brings about a change in activities. Make sure that you are properly prepared for participating in activities you enjoy.



Different sport activities call for specific footwear to protect feet and ankles. Sports-specific athletic shoes are a wise investment for serious athletes, though perhaps a less critical consideration for the weekend or occasional athlete. Nevertheless, it's a good idea to use the correct shoe for each sport. Probably a more important consideration is the condition

of the shoe. Don't wear any sport or other shoes beyond their useful life as they no longer provide support or the padding necessary for you comfort.

Athletic footwear should be fitted to hold the foot in the position that's most natural to the movement involved. For example, a running shoe is built to accommodate impact, while a tennis shoe is made to give relatively more support and permit sudden stops and turns. For sports, "cross trainers" are fine for a general athletic shoe, such as for physical education classes.

When a child or adult is involved more heavily in any single sport, he or she should have a shoe specifically designed for that sport. If you have any questions about the support you need, contact your NorthPointe Foot & Ankle physician.

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

Did You Know NorthPointe Foot & Ankle...

- Has a medical team that is on staff at leading hospitals including: Detroit Medical Center; Beaumont; Oakland Regional; St John Health System and Botsford Hospitals?
- Offers laser surgery to patients?
- Can perform painless PAD testing right in the office?
- Offers patient education on foot and ankle problems and care in the office and on their website, www.MichiganFootCare.com?
- Participates in the Federal Diabetic Shoe program?
- Offers a comprehensive array of orthotics and foot care products in the office and through their website?
- Wrote a book "Diabetes and Foot Care" that is available to patients for free?

www.MichiganFootCare.com

