

NorthPointe Foot & Ankle
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Product Feature



NorthPointe Foot & Ankle is pleased to offer BioMed products.

We have added a complete line of treatment and nutritional products from BioMed to are already extensive inventory of foot care products. BioMed is a leader in specialty pharmaceuticals.

Products focus on treatment for:

- Wound Care
- Planter Fasciitis
- Diabetic Toes
- Warts
- Diabetic Neuropathy
- Heel Spurs
- Hyperhidrosis of the Feet
- Foot Cramps
- Nail/Skin Fungus
- Rough/Dry Feet
- Circulation Problems
- Pain & Inflammation

Ask your NorthPointe doctor if there is a BioMed product that can help you.

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

NorthPointe News

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Foot Health Awareness Month

April is Foot Health Awareness Month. It's time to really determine what shape your feet are in. The podiatrists at NorthPointe Foot & Ankle would like



to remind you that good foot care is so important to your overall health and wellness and they are here to help with any foot and ankle issues.

The average person takes approximately 10,000 steps per day, which adds up to more than 3 million steps per year. We carry approximately four to six times our body weight across the ankle joint when climbing up stairs or walking steep inclines. With 26 bones plus 33 joints, our feet serve as the foundation for the rest of our body structure. If feet are painful or not mechanically sound, this can affect the knees, hips and even the lower back.

With time, this extensive repetitive use leads to several normal changes associated with aging:

- The foot becomes wider and longer.
- There is mild settling of the arch which is seen as flattening of the foot.
- The fat pad on the bottom of the heel thins out, causing loss of natural padding and spring in the step.
- The foot and ankle lose some of their normal range of motion and become stiffer.
- There can be some loss of balance while walking.

Some foot changes can occur that are abnormal or pathological. These tend to occur in association with prolonged use of ill-fitting shoes and their incidences peak in the fourth, fifth and sixth decades. These problems do not occur naturally and many can be prevented, or their progress halted, by modifying the shoes that are worn. These problems include:

- Bunions (the formation of a large bump on the big toe, which starts to point toward the little toes).
- Hammering of the toes (curling of the toes).
- Clawing of the toes (more severe curling of the toes).
- Bunionettes (the formation of a large bump on the smallest toe, which starts to point toward the large toe).
- Calluses or corns, which occur on the toes or foot due to high pressure over bony areas.
- Morton's neuromas ("pinched nerve" between the toes).
- Arthritis of the joints.



Podiatry

Your NorthPointe Foot & Ankle podiatrist is a doctor of podiatric medicine (DPM), also known as a podiatric physician or surgeon, qualified by their education and training to diagnose and treat conditions affecting the foot, ankle and related structures of the leg. Podiatrists are uniquely qualified among medical professionals to treat the foot and ankle based on their education, training and experience.

Take time this April to secure an appointment with a NorthPointe Foot & Ankle podiatrist.

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

Make sure to visit our Website for more foot health news and information:
MichiganFootCare.com



Solutions to Balance Issues

Many people experience increasing difficulty with balance and safe mobility as they age, which leads to the common and serious problem of falls. These problems are associated with loss of confidence and decreasing ability to function independently. In many cases it leads to the consideration of institutional care. Injuries from falls are a major cause of death in the older population. Fortunately, most causes of falls and instability can be treated successfully and the risk of falling reduced.

How common are falls and balance problems in older persons?

Each year, falls occur in over a third of persons over age 65, and in over half of persons over age 75. About a third of the older population reports some difficulty with balance or ambulation.

What are the major causes of falls?

The most common causes of falls include environmental hazards (such as slippery floors and loose rugs), weak muscles, unstable balance, dizziness, vision problems and side effects from medications (such as dizziness and confusion).

How can I tell if I am at risk for falling?

The most important predictors of fall risk include: **muscle weakness** (difficulty rising from a sitting position without use of hands to push off); **unsteady balance** (needing to walk slowly or with a wide base of support to maintain balance); **having fallen** in the

past year; and taking **certain medications** (some blood pressure medications as well as psychoactive medications, such as sedatives or anti-depressants).

What can I do to decrease my chances of falling?

Ask your NorthPointe Foot & Ankle physician to evaluate your strength, balance, gait, entire medication list and overall risk factors for falls. The chances are good that there will be a number of things that can be done to reduce fall risk, such as adjusting medications, obtaining physical therapy, starting an exercise regimen, or receiving an assistive device such as a cane or walker, to make walking safer.



What can be done to improve balance?

Similarly, there are a number of exercises and assistive devices that can improve stability. Ask your NorthPointe Foot & Ankle physician what would be best for you.

How can I make my home environment safer?

There are many pamphlets available to assist in hazard-proofing your home environment. Alternatively, a home health provider, such as a visiting nurse or occupational therapist, can come to your home and provide a hands-on inspection and set of recommendations. Common recommendations include installing bathroom grab bars, improving lighting in key areas, removing hazardous conditions on the floor, and making stairways and entrance areas safer.

Time to Treat Discolored Toenails

Do you have discolored toenails? If so, this is the time to visit your podiatrist to find out if there is a treatment that can help you *before the summer sandal wearing season* begins.

Discolored toenails might be an indication of a serious underlying condition, such as diabetes or a liver dysfunction, but the discoloration also might be the result of a simpler issue, like ground-in dirt. Bleeding under the nail can cause blackening, but most often, a discolored nail is the result of a fungal infection.

Many common fungi are able to infect the nail and can turn it yellow, brown, reddish, green or black, depending on the variety of fungus involved. In the earliest phase, this infection might present itself as a yellowish tint or a small white spot on the nail. As the fungus grows and matures, the discoloration will usually become more pronounced.



In the advanced stages, the toenails are likely to thicken, and they might also become flaky or misshapen. From this stage, the fungal infection is likely to spread to the surrounding skin, and treatment becomes more challenging.

If you have discolored toenails find out what the cause is and your treatment options. NorthPointe Foot & Ankle offers Formula3 antifungal topical medication, a topical anti-fungal ointment that is **guaranteed** to deliver results, along with other treatments.

Upcoming Events

35th Annual Berkley Days

10K, 5K, & 1 Mile Fun Run/Walk

Saturday May 11, 2013

1 Mile Run/Walk 9:00 am

5K & 10K Run 9:30 am

Anderson Middle School @ Hurley Field
3205 Catalpa, in Berkley

ldomin@creditAcceptance.com



ADA Tour de Cure Bike Ride

Sunday, June 15

Fundraise and sign up to ride one of several routes from 10 to 100 miles. Brighton High School, 7878 Brighton Rd. In Brighton. Sign up at:

www.diabetes.org/michigantourdecure



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