

NorthPointe Foot & Ankle
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Meet Our Team!

Cindy Sarnovsky

We would like to introduce Cindy Sarnovsky. For anyone that has not yet met Cindy, she is Co-Office Manager of NorthPointe Foot & Ankle. She has been with the practice since its beginning and has been assisting Dr. Frederick for over 28 years.

Although you may see her working directly with patients and the doctors, Cindy has the responsibility of ensuring that the NorthPointe Team is aware of, and follows, appropriate processes and procedures. Your wellbeing is our priority!



As a member of The American Society of Podiatric Medical Assistants, Cindy has earned Clinical and Administrative certification.

Make sure to say hello the next time you are at the office.



NorthPointe News

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Ingrown Toenails

If you trim your toenails too short, particularly on the sides of your big toes, you may set the stage for an ingrown toenail. Like many people, when you trim your toenails, you may taper the corners so that the nail curves with the shape of your toe. But this technique may encourage your toenail to grow into the skin of your toe. The sides of the nail curl down and dig into your skin. An ingrown toenail may also happen if you wear shoes that are too tight or too short.

Ingrown toenails are a common, painful condition—particularly among teenagers. Any of your toenails can become ingrown, but the problem more often affects the big toe. Redness, pain and swelling at the corner of the nail may result and infection may soon follow.

Ingrown nails may develop for many reasons. Some cases are congenital—the nail is just too large for the toe. Trauma, such as stubbing the toe or having the toe stepped on, may also cause an ingrown nail. However, the most common cause is tight shoe wear or improper grooming and trimming of the toenail.

Nonsurgical Treatment

Ingrown toenails should be treated as soon as they are recognized. If they are recognized early (before infection sets in), home care may prevent the need for further treatment:

- Soak the foot in warm water 3-4 times daily.
- Keep the foot dry during the rest of the day.
- Wear comfortable shoes with adequate room for the toes. Consider wearing sandals until the condition clears up.
- You may take ibuprofen or acetaminophen for pain relief.
- If there is no improvement in 2-3 days, or if the condition worsens, call your NorthPointe doctor.

Surgical Treatment

If excessive inflammation, swelling, pain or discharge are present, the toenail is probably infected and should be treated by your NorthPointe podiatrist as soon as possible. You may need to take oral antibiotics and the nail may need to be partially or completely removed. Your Northpointe doctor can surgically remove a portion of the nail, a portion of the underlying nail bed, some of the adjacent soft tissues and even a part of the growth center. Our podiatrists are specially trained in laser surgery that may be used in your treatment.



Surgery is effective in eliminating the nail edge from growing inward and cutting into the fleshy folds as the toenail grows forward. Permanent removal of the nail may be advised for chil-

dren with chronic, recurrent infected ingrown toenails.

If you are in a lot of pain and/or the infection keeps coming back, your doctor may remove part of your ingrown toenail (partial nail avulsion). Your toe is injected with an anesthetic and your doctor cuts away the ingrown part of the toenail, taking care not to disturb the nail bed. An exposed nail bed may be very painful. Removing your whole ingrown toenail (complete nail plate avulsion) increases the likelihood your toenail will come back deformed. It may take 3-4 months for your nail to regrow.

Prevention

Unless the problem is congenital, the best way to prevent ingrown toenails is to protect the feet from trauma and to wear shoes and hosiery (socks) with adequate room for the toes. Nails should be cut straight across with a clean, sharp nail trimmer without tapering or rounding the corners. Trim the nails no shorter than the edge of the toe. Keep the feet clean and dry at all times.

Laser Surgery Improves Foot Care

NorthPointe Foot & Ankle is pleased to announce the addition of laser surgery to the treatment options offered to patients.

Not readily available in most doctor's offices, the laser technology available to our podiatrists allows them to use this advanced procedure when other treatments have failed, or as an initial form of action. Our podiatrists are certified in laser surgery and will perform this outpatient procedure in the certified laser center adjacent to the NorthPointe office.

What is a laser?

A laser is a device which generates an intense, finely focused beam of light, known as a beam.

This laser beam permits surgery to be performed safely and conveniently for patients. This laser turns the water in the cells to steam, called vaporization. There is no burning.

What foot problems are best treated by laser surgery?

The laser beam of light is used in place of the scalpel to remove warts, ingrown nails, infected toenails, and some deep-rooted callouses, among other foot problems.



What are the benefits of laser surgery?

Laser surgery takes advantage of the properties of lasers to remove tissue without many of the undesirable side effects that sometimes result from using a scalpel. The laser light vaporizes the affected tissues almost instantaneously and so precisely that normal surrounding tissue is not affected. The unique property of the laser is that as it vaporizes and destroys affected tissue, it also sterilizes and stops bleeding in the surrounding areas.

The result is much less tissue injury and swelling after surgery, which, in turn, results in less pain and discomfort. Lasers allow faster recovery, with better healing for the patient (including those with diabetes)

and the chances of infection are decreased.

There is a cosmetic advantage because there is usually no scar formation after laser surgery.

With the laser, it is frequently possible to complete treatment in one visit, while with other techniques, many visits or even hospitalization may be required.



Firework Safety

Before your family celebrates this Fourth of July, the podiatrists at NorthPointe Foot & Ankle want to make sure that everyone is aware of firework safety.

Please keep these safety tips in mind:

- Kids should never play with fireworks. If you give kids sparklers, make sure they keep them outside and away from the face, clothing, and hair.
- Always use fireworks outside and have a bucket of water and a hose nearby in case of accidents.
- Steer clear of others — fireworks have been known to backfire or shoot off in the wrong direction. Never throw or point fireworks at someone, even in jest.
- Don't hold fireworks in your hand or have any part of your body over them while lighting. Wear some sort of eye and foot protection, and avoid carrying fireworks in your pocket — the friction could set them off.
- Point fireworks away from homes, and keep away from brush and leaves and flammable substances.
- Light one firework at a time and **never** light a dud.
- Don't allow kids to pick up pieces of fireworks after an event. Some may still be ignited and can explode at any time.
- Soak all fireworks in a bucket of water before throwing them in the trash can.

Fireworks are meant to be enjoyed, but you'll enjoy them a lot more knowing your family is safe. [Have a fun and safe Fourth of July celebration!](#)

Save the Date

Thursday, August 15, 5—9 pm

NorthPointe Foot & Ankle Annual

Pre-Dream Cruise Picnic

Watch for details in our August newsletter
Reservations will be required.

Berkley's SummerFest!

NorthPointe Foot & Ankle is pleased to once again sponsor Berkley's SummerFest.

Hosted by Berkley's Parks & Recreation Department, the summer festival encourages everyone to get outdoors and participate in a series of terrific events! All events are listed at www.BerkleyMich.org

Senior Activity Day: July 10

9:30 am - 2 pm Community Center.

Community Picnic: July 13, 11 am - 3 pm

Community Center

Jaycee Park Jamboree: July 25, 6 - 8 pm

Family Movie Night: August 24

Ice Cream Social: August 27, 6:30 - 8 pm

Community Center