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Goodbye Dr. Frederick

Dr. Frederick is Moving On

Dr. Jeffrey Frederick has been compassionately and expertly treating patients at NorthPointe Foot & Ankle since the office was opened in 2007. He has been an integral part of growing and improving our practice.

On July 1, Dr. Frederick will become a full time consultant in the medical field. In his new role, he will no longer see patients.

Our doctors and staff wish Dr. Frederick continued success in his new role.

We also want to assure all of Dr. Frederick's patients that our expert team of five doctors and our skilled, friendly staff are here to make sure that there will not be any interruption in your care. You will continue to receive the quality care you have come to expect from our practice..

GOOD LUCK DR. FREDERICK!



NorthPointe News

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PUNCTURE WOUNDS

Puncture wounds are not the same as cuts. A puncture wound has a small entry hole caused by a pointed object, such as a nail, that you've stepped on. In contrast, a cut is an open wound that produces a long tear in the skin. Puncture wounds require different treatment from cuts because these small holes in the skin can disguise serious injury.

A variety of foreign bodies can become embedded in a puncture wound. Nails, glass, toothpicks, sewing needles, insulin needles, and sea shells are some common ones. In addition, pieces of your own skin, sock, and shoe can be forced into the wound during a puncture, along with dirt and debris from the object.

All puncture wounds are dirty wounds because they involve penetration of an object that isn't sterile. Anything that remains in the wound increases your chance of developing other problems, either in the near term or later.

There are different ways of determining the severity of a puncture wound. Depth of the wound is one way to evaluate it. The deeper the puncture, the more likely it is that complications such as infection will develop. Many patients cannot judge how far their puncture extends into the foot. Therefore, if you've stepped on something and the skin was penetrated, seek treatment as soon as possible.

Treatment

A puncture wound must be cleaned properly and monitored throughout the healing process to avoid complications.

Even if you have gone to an emergency room for immediate treatment of your puncture wound, visit with your NorthPointe Foot & Ankle podiatrist for a thorough cleaning and careful follow-up. The sooner you do this, the better: We recommend within 24 hours after injury, if possible.

Avoiding Complications

Infection is a common complication of puncture wounds that can lead to serious consequences. Sometimes a minor skin infection evolves into a bone or joint infection, so you should be aware of signs to look for. A minor skin infection may develop in two to five days after the injury.

The signs of a minor infection that show up around the wound include soreness, redness, and possibly drainage, swelling, and warmth. You may also develop a fever. If these signs have not improved, or if they reappear in 10 to 14 days, a serious infection in the joint or bone may have developed.

Other complications that may arise from inadequate treatment of puncture wounds include painful scarring in the area of the wound or a hard cyst where the foreign body has remained in the wound.

Although the complications of puncture wounds can



be quite serious, early and proper treatment can play a crucial role in preventing them.

Puncture wound advice

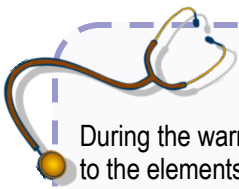
- Seek treatment right away. Visit your NorthPointe Foot & Ankle surgeon within 24 hours.
- Get a tetanus shot if needed.
- Follow your doctor's instructions.
- Keep your dressing dry.
- Keep weight off of the injured foot.
- Finish all your antibiotics (if prescribed).
- Take your temperature regularly.
- Watch for signs of infection (pain, redness, swelling, fever). Call your doctor if these signs appear.

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



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Summer Foot Protection

During the warmer weather our feet tend to be frequently exposed to the elements as we wear sandals, flip flops and are often barefoot. During this time of year, NorthPointe Foot & Ankle sees many foot injuries or problems due to non-supportive footwear and barefoot walking. Pool areas and public showers are home to infections such as planter warts and athlete's foot, while the sun's powerful rays can cause painful sun burns.

Our podiatrists have some advice to share that can help prevent harmful conditions to feet.

Going Barefoot

- Limit walking barefoot as it exposes feet to sunburn, as well as plantar warts, athlete's foot, ringworm, and other infections and also increases risk of injury to your feet.
- Wear shoes or flip-flops around the pool, to the beach, in the locker room and even on the carpeting or in the bathroom of your hotel room to prevent injuries and limit the likelihood of contracting any bacterial infections.
- Remember to apply sunscreen all over your feet, especially the tops and fronts of ankles, and don't forget to reapply after you've been in the water.
- Stay hydrated by drinking plenty of water throughout the day. This will not only help with overall health, but will also minimize any foot swelling caused by the heat.
- Keep blood flowing with periodic ankle flexes, toe wiggles, and calf stretches.
- Some activities at the beach, lake or river may require different types of footwear to be worn so be sure to ask the contact at each activity if specific shoes are needed. To be safe, always pack an extra pair of sneakers or protective water shoes. If your shoes will be getting wet, they should be dried out completely before your next wearing to prevent bacteria or fungus from growing.

- If you injure your foot or ankle while on vacation or during an outing, seek professional medical attention from a podiatric physician. Many often only contact a doctor when something is broken or sprained, but a podiatrist can begin treating your ailment immediately.



Be Prepared

In case of minor foot problems, be prepared with the following on-the-go foot gear:

- Flip flops – for the pool, spa, hotel room, and airport security check points.
- Sterile bandages – for covering minor cuts and scrapes.
- Antibiotic cream – to treat any skin injury.
- Emollient-enriched cream – to hydrate feet.
- Blister pads or moleskin – to protect against blisters.
- Motrin or Advil (anti-inflammatory) – to ease tired, swollen feet.
- Sunscreen – to protect against the scorching sun.
- Aloe Vera or Silvadene cream – to relieve sunburns.

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.

- If you give kids sparklers, make sure they keep them outside and away from the face, clothing, and hair.
- Steer clear of others — fireworks have been known to backfire or shoot off 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.
- 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 14, 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:** 7/9, 9:30 am
- **Community Picnic:** 7/19, 11 am
- **Jaycee Park Jamboree:** 7/31, 6 pm
- **Family Movie Night:** 8/23