

NorthPointe Foot & Ankle
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Meet Our Team!

Darcy Elwart

Some of you may only know Darcy by her friendly voice on the telephone helping you with financial and insurance matters. In fact she does a lot more at our office to keep things running smoothly and ensuring your needs are met.

Darcy is Co-Office Manager of NorthPointe Foot & Ankle. She has been with the practice since its beginning and has been assisting Dr. Hoffman for over 28 years.

The American Society of Podiatric Medical Assistants has awarded Darcy clinical certification. She is also a member of the organization.



We are proud to have Darcy on our team. Her dedication and compassion towards our patients is appreciated!

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



NorthPointe News

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Haglund's Deformity

If heel pain from Haglund's Deformity is keeping you from being active this summer, please make an appointment to see one of the NorthPointe Foot & Ankle doctors – they can help!

Haglund's Deformity is a bony enlargement of the back of the heel bone. Sometimes it's called "pump bump" because the deformity often occurs in women who wear pumps, but there are other causes.

The shape of your foot can contribute to the development of Haglund's Deformity. If you have



high arches, a tight Achilles tendon, or a tendency to walk on the outside of your feet, you're more likely to develop Haglund's Deformity than other people. Wearing shoes with a firm, rigid back may also contribute to the development ..

Heel pads placed in the backs of your shoes may relieve and redistribute some of the pressure. Applying ice to the area after removing your shoes may ease some of the pain and discomfort.

Switching shoes can help, too. If you have an otherwise normal foot, wearing open-heeled shoes may provide relief. Open-heeled shoes are not a good idea, though, if you have tendinitis, bunions, foot pain, or a structural deformity of the foot.

However, if the pain persists, or if the bump continues to enlarge, it's time to see your NorthPointe Foot & Ankle podiatrist for a treatment plan tailored to your feet.

Treatment

Treatment will depend on the severity of the condition. Options include:

Shoe modification. Your podiatrist can recommend over-the-counter heel pads, heel lifts, or arch supports, or create custom orthotic supports to change the position of your feet in your shoes to relieve pressure on the back of your foot.

Medication. Topical anti-inflammatory medication, applied directly to the heel, may provide pain relief. Oral anti-inflammatory medication (such as ibuprofen) can help as well.

Immobilization. If the area is extremely inflamed, a custom-made soft cast or walking boot may be used to immobilize the area and allow it to heal.

Surgery. If none of the non-surgical methods provide adequate relief, your podiatrist may recommend surgery to correct the deformity. Podiatrists are specially-trained foot and ankle surgeons who can surgically re-shape the heel bone.

Prevention

Avoid shoes with rigid backs. If you have a high arch or tight Achilles tendon, wearing appropriate shoe inserts and/or adequately stretching the Achilles tendon can help prevent the development of Haglund's Deformity.

Feet Can Get Sunburned too...

When out at the beach or pool, 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. Keep blood flowing with periodic ankle flexes, toe wiggles, and calf stretches.

Pedicure Precautions

As the warmer weather finally arrives, sandals and flip flops are making their way out of the closet and underneath beautifully manicured feet. The pedicure season has begun!

Unfortunately, not all pedicure facilities offer clean and proper foot care. Infections and other foot ailments may arise. NorthPointe Foot & Ankle wants to make sure you keep the following advice in mind as you select if and where you may go for a pedicure:



- Make sure that the instruments used are clean and sterilized. Ask the technician which cleaning procedure they use, as well as the frequency of cleaning.
 - * Soaking in alcohol is NOT an approved sterilization method.
 - * Sterilization – rather than disinfecting – is the best method. This can be done by using a cleaning agent such as hospital bactericide, fungicide or viricide. Instruments can be sterilized in an autoclave machine.
 - * Make sure the instruments are sterilized after each use.
 - * You may consider bringing your own tools – nail nipper, cuticle nipper, cuticle pusher and curette cleaner.
- Make sure foot tubs or basins are drained after performing a pedicure to get rid of all the bacteria present. Once all the water is removed, the inside of the tub should be wiped down with an antibacterial cleaner. Tubs with individual replaceable liners are best.
- Make sure the technician's hands are clean. The nail technician should wash their hands in between clients. If they do not wash their hands, request that they do or that they wear gloves.
- If you are diabetic, pedicures are not advised. Visit your NorthPointe podiatrist before receiving a pedicure to identify any potential risks.
- Do not allow aggressive cleaning. Nails should be cut straight with rounded edges. If bleeding of calluses occurs, see your NorthPointe podiatrist.
- Discolored or sickly nails should be treated by your podiatrist.
- Since polish hides the nails from the sun and can foster fungus, you may wish to limit the use of polish to special occasions. However, keeping your feet clean, nails trimmed and skin moisturized for summer sandal wearing is recommended.

Flip Flop Awareness

Flip flops, while very popular, are not the right shoe for all occasions.

Flip flops are meant to be worn while walking on flat surfaces. They are also good protection from athlete's foot and plantar warts while around a public pool or shower.

However, unlike sturdy shoes, flip-flops aren't good for extensive walking because they offer no arch support, heel cushioning, or shock absorption. Wearers can suffer foot pain due to lack of arch support, tendinitis, and even sprained ankles if they trip.

Wearers are also at greater risk for stubbed toes, glass cuts, puncture wounds, or having a heavy object injure your foot.

Avoid wearing flip flops when:

- Playing sports or running
- Gardening or doing yard work
- If you are diabetic - you are at greater risk of foot injury
- Walking for an extended period of time



NorthPointe Foot & Ankle Sponsors 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

Grand Re-Opening Tot Lot Park:
June 19, 5 - 8 pm

Community Garage Sale: June 22 & 23

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

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

