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Meet Our Team!

Ayesha Towner

Ayesha Towner began working as a medical assistant at NorthPointe Foot & Ankle in July of this year. She came to our office with over six years of experience as a medical assistant and is a graduate of Ross Medical Education Center.



Ayesha meets patients in the exam room prior to the doctor. She records some of the basic information about the visit then makes sure the patient is comfortable and ready to meet with the doctor. Once the patient has been examined by the doctor, she then follows the doctor's direction in getting the patient taken care of and on their way.

When not at the office, Ayesha likes to cook, especially baking cakes, and cares for her 3-year old daughter, Zariyah.

NorthPointe News

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What is Gout?

An estimated 5.1 million people in the United States live with gout, according to the National Health and Nutrition Examination Survey III, 1988-1994. Gout is the most common form of inflammatory arthritis in men over 40 and affects approximately 3 times as many men as women. The number of newly diagnosed cases has increased over the past 40 years.

Gout is a kind of arthritis that has been known since ancient times. Hippocrates called it "the disease of kings" because of its association with a rich diet. In reality, there are a number of factors that can lead to gout, and diet is part of this larger picture.

The pain of gout (called attacks or flares) is caused by inflammation when needle-like crystals are deposited in connective tissue and/or in the fluid that cushions a joint (the synovial fluid). These crystals are made up of uric acid, a substance produced when the body breaks down purines found in human tissue and many foods we eat. Most uric acid is carried through the bloodstream to the kidneys, which eliminate it from the body in the urine. However, if the body produces too much uric acid or if the kidneys don't eliminate enough of it, uric acid can build up in the blood. This condition is called hyperuricemia and can lead to gout attacks in some cases. However, in most cases, hyperuricemia does not lead to gout.

An attack usually starts with sudden, severe pain, tenderness, redness, warmth and swelling in the large joint of the big toe. Other joints may include the instep, ankles, heels, knees, wrists, fingers and elbows. Rarely, the shoulders, hips, or spine may be affected. After about 3-10 days, the attack usually subsides, and the next one may not happen for months or even years. But over time, the gout attacks can become more severe, last

longer, affect more than one joint and occur more often.

Gout can progress, eventually causing damage to joints, potentially leading to disability. However, with proper treatment, most people with gout are able to control their symptoms. Treatment may include different kinds of medication to ease the painful attacks, to prevent future attacks and to help prevent long-term damage to the joints and related disability.



Diet: Items to Avoid

If your healthcare provider has recommended reducing high-purine foods in your diet, you may find the

following guidelines helpful:

- Limit your consumption of certain types of meat. Meat items that are particularly high in purines include beef, pork, lamb and "organ meats" (such as liver, kidney and brain), as well as meat extracts and gravies.
- Reduce or eliminate alcohol consumption, especially beer.
- Reduce your use of oatmeal, dried beans, peas, lentils, spinach, asparagus, cauliflower and mushrooms.
- High consumption of seafood is associated with an increased risk of gout. Specific types of seafood found to be associated with higher levels of uric acid include: anchovies, sardines, roe (fish eggs), herring, mussels, codfish, scallops, trout and haddock.

Make an appointment with your NorthPointe Foot & Ankle podiatrist if you are experiencing the symptoms above or any other foot pain.

If you would like to receive our monthly newsletter, send your email address to:

Doctors@NorthPointeFoot.com



Preventing Snow Clearing Injuries

Snow removal is more than just another necessary household chore. All that bending and heavy lifting can put you at serious risk for injury. Snow removal can be especially dangerous if you do not exercise regularly. Below are some general tips for proper snow clearing.

Check with your doctor. Because this activity places high stress on the heart, you should always speak with your doctor before shoveling or snow blowing. If you have a medical condition or do not exercise regularly, consider hiring someone to remove the snow.

Dress appropriately. Light, layered, water-repellent clothing provides both ventilation and insulation. It is also important to wear the appropriate head coverings, as well as mittens or gloves and thick, warm socks. Avoid falls by wearing shoes or boots that have slip-resistant soles.

Start early. Try to clear snow early and often. Begin shoveling/snowblowing when a light covering of snow is on the ground to avoid dealing with packed, heavy snow.

Clear vision. Be sure you can see what you are shoveling/snowblowing. Do not let a hat or scarf block your vision. Watch for ice patches and uneven surfaces.



Tips for Safe Snow Shoveling:

Warm-up your muscles. Shoveling can be a vigorous activity. Before you begin this physical workout, warm-up your muscles for 10 minutes with light exercise.

Pace yourself. Snow shoveling and snowblowing are aerobic activities. Take frequent breaks and prevent dehydration by drinking plenty of fluids. If you experience chest pain, shortness of breath, or other signs of a heart attack, stop the activity and seek emergency care.

Proper equipment. Use a shovel that is comfortable for your height and strength. Do not use a shovel that is too heavy or too long for you. Space your hands on the tool grip to increase your leverage.

Proper lifting. Try to push the snow instead of lifting it. If you must lift, do it properly. Squat with your legs apart, knees bent, and back straight. Lift with your legs. Do not bend at the waist. Scoop small amounts of snow into the shovel and walk to where you want to dump it. Holding a shovelful of snow with your arms outstretched puts too much weight on your spine. Never remove deep snow all at once. Do it in pieces.

Safe technique. Do not throw the snow over your shoulder or to the side. This requires a twisting motion that stresses your back.

Tips for Safe Snowblowing:

Never stick your hands in the snowblower! If snow jams the snowblower, stop the engine and wait more than 5 seconds. Use a solid object to clear wet snow or debris from the chute. Beware of the recoil of the motor and blades after the machine has been turned off.

Proper supervision. Do not leave the snow blower unattended when it is running. Shut off the engine if you must walk away from the machine.

Safe fueling. Add fuel before starting the snow blower. Never add fuel when the engine is running or hot. Do not operate the machine in an enclosed area.

Avoid the engine. Stay away from the engine. It can become very hot and burn unprotected flesh.

Watch the snowblower cord. If you are operating an electric snow blower, be aware of where the power cord is at all times.

No tampering. Do not remove safety devices, shields, or guards on switches, and keep hands and feet away from moving parts.

Watch for motor recoil. Beware of the brief recoil of motor and blades that occurs after the machine has been turned off.

Keep children away. Never let children operate snowblowers. Keep children 15 years of age and younger away when snowblowers are in use.

Understand your machine. Read the instruction manual prior to using a snowblower. Be familiar with the specific safety hazards and unfamiliar features. Do not attempt to repair or maintain the snowblower without reading the instruction manual.

Warm Up Your Neighbors!

NorthPointe Foot & Ankle is once again joining the Berkley Senior Center and the Berkley Red Hats in collecting new gloves, hats, scarves and socks for all ages. The gifts will be distributed to those less fortunate in the community before Christmas, including students in the Berkley School District.

COLLECTION: OF NEW ITEMS
Now - December 12
Hats, Gloves,
Scarves, Socks



Monetary donations will also be accepted at the reception desk to purchase items.

HAPPY HOLIDAYS!

The doctors and staff of Northpointe Foot & Ankle wish you and your family a safe and healthy holiday season!



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