

NorthPointe Foot & Ankle
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MEET OUR TEAM

DEZMON McCLAIN

Dezmon McClain is one of the medical assistants on our NorthPointe Foot & Ankle team. You may not see her too often as Dezmon works part-time at this office and additional days at Dr. Hoffman's West Bloomfield office.



As a medical assistant, Dezmon is often the first person that meets you in the exam room. She checks to make sure you are comfortable and gathers basic information.

Once treated by the doctor, Dezmon follows any directions that he may give to complete your care.

When not at the office, Dezmon keeps busy at home taking care of her five beautiful children.

NorthPointe News



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Frostbite and Your Feet

Take care during the winter months to avoid frostbite. It takes only minutes for exposed skin to become frostbitten if the temperature is below 20 °F and the wind is blowing at 20 mph or more.

Body tissues actually freeze when they are frostbitten. Ice crystals form in the cell, causing physical damage and permanent changes in cell chemistry. When the ice thaws, additional changes occur and may result in cell death. If just the skin surface is affected, it's known as superficial frostbite; deep frostbite affects underlying tissues.

Avoiding Frostbite

- It is easier to prevent frostbite than to treat it. If you must go out in bitter cold, be prepared.
- Here are five common sense precautions to ensure that your winter outings end safely.
- Dress appropriately. Light, loose, layered clothing provides both ventilation and insulation. Top your outfit with a water-repellent (not waterproof) fabric.
- Protect your head, hands and feet. Substantial heat loss occurs through the scalp, so head coverings are vital. Mittens are warmer than gloves, and two pair of socks (wool over lightweight cotton) will help keep your feet warm.
- Don't drink or smoke before going out into the cold. Alcohol, caffeine and nicotine leave the skin more prone to thermal injury.
- If you get wet, get inside! Remove wet clothing as quickly as possible.
- Check yourself every half-hour or so for signs of frostbite. If your toes, fingers, ears or other body parts feel numb, get inside.

Symptoms

- The affected area becomes numb; the individual may complain of a loss of feeling.
- The skin may feel frozen, but deeper tissues are soft (superficial frostbite) or the entire affected area feels solid, hard, and frozen (deep frostbite).
- Skin appears waxy, white, or grayish.

Treatment

Frostbite can be a very serious cold injury. Seek medical care promptly if you suspect frostbite has occurred. In addition, people with frostbite also frequently develop hypothermia, which requires emergency medical assistance. If medical care is not readily available, follow these "do's and don'ts" for first aid for frostbite:

Do's

- DO get the person into a warm room as soon as possible.
- Call for medical assistance. You can also give the person warm drinks, such as broth or tea.
- DO rest the injured areas
- Avoid walking on frostbitten feet, for example, and elevate them slightly.
- DO take off any wet or restrictive clothing.
- DO warm the area
- Immerse the area in warm water (NOT HOT water) for at least 30 to 45 minutes, or until the affected part feels warm and sensation returns.



Do NOT

- DO NOT do anything that will further injure the tissue.
- Leave blisters intact, and cover them with a sterile or clean cloth.
- DO NOT rub the area with your hands, with snow, or with anything else.
- DO NOT start to warm the affected area if there is any chance that it will be exposed to the cold again.
- DO NOT use dry heat, such as from a heating pad, sunlamp, fire, or radiator, to try to warm the area. Because the skin is numb and will not feel the heat, it can easily be burned by dry heat.

Frostbite is a very serious injury that can involve significant damage to the feet. Therefore, prompt diagnosis and proper treatment by a podiatric physician is essential.

To receive our monthly newsletter, send your email address to:
Doctors@NorthPointeFoot.com

Start the Year Off on the Right Foot

The new year is a time to reflect upon our lives and assess new goals for ourselves. Make your health a priority this year and understand the important relationship between foot health and overall health and well being. With this in mind, we would like to share a few tips to help keep your feet healthy.

- Don't ignore foot pain — it's not normal. If the pain persists, see your NorthPointe Foot & Ankle physician.
- Inspect your feet regularly. Pay attention to changes in color and temperature of your feet. Look for thick or discolored nails (a sign of developing fungus), and check for cracks or cuts in the skin. Peeling or scaling on the soles of feet could indicate athlete's foot. Any growth on the foot is not considered normal.
- Wash your feet regularly, especially between the toes, and be sure to dry them completely.
- Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toe nails. Persons with diabetes, poor circulation, or heart problems should not treat their own feet because they are more prone to infection.
- Make sure that your shoes fit properly. Purchase new shoes later in the day when feet tend to be at their largest and replace worn out shoes as soon as possible.
- Select and wear the right shoe for the activity you are engaged in (i.e., running shoes for running).
- Alternate shoes — don't wear the same pair of shoes every day.
- Avoid walking barefooted — your feet will be more prone to injury and infection.
- Be cautious when using home remedies for foot ailments; self-treatment can often turn a minor problem into a major one.
- If you are a person with diabetes, it is vital that you see a podiatric physician at least once a year for a check-up.

HAVE A SAFE AND HEALTHY 2015

THANK YOU For Warming Up Your Neighbors!



From November 17 to December 12 NorthPointe Foot & Ankle joined the Berkley Senior Center to collect new gloves, hats, scarves and socks for all ages.

Hundreds of items were donated and distributed to those less fortunate in the community before Christmas —including students in the Berkley School District.

We would like to extend a heartfelt thank you to all that supported this important drive.

Is it Time for New Diabetic Shoes?

You, or someone you know may have diabetes. If so, the beginning of the year is the perfect time to order new diabetic shoes through the Federal Diabetic Shoe Program. Each year, Medicare will cover the cost of one pair of diabetic shoes and inserts for diabetic patients that qualify.

Why Special Shoes?

It is important for persons with diabetes to have shoes with good air circulation. By ensuring proper fit and good air circulation, properly designed diabetic shoes prevent pressure ulcers, encourage good blood circulation, and allow the skin to breathe.

Shoes are designed in styles for work, exercise, leisure and social activities.



Even diabetic patients without Medicare are strongly encouraged to make an appointment at NorthPointe Foot & Ankle to receive a comprehensive, ten point foot exam. Amputations and serious diabetic foot problems can be prevented with early diagnosis and proper care.

In addition to shoes, the practice offers many items designed specifically for diabetic patients - socks, slippers, lotions, wound care ointment, etc.



Dan McMinn and Sue Thornton from the Berkley Senior Center



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