

NorthPointe Foot & Ankle
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MEET OUR TEAM

Amanda Hauser



Having come to Northpointe in December, Amanda is the newest member of the team.

Amanda is a medical assistant at the office. She performs a variety of clinical and clerical actions to expedite patient flow and activities of the office.

Amanda will meet you in the exam room. She will check to make sure you are comfortable and gather basic information.

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

When not in the office, Amanda enjoys the outdoors, especially hiking.

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

Self Test for Foot Problems

The Foot Health Foundation of America offers this simple quiz to pinpoint any warning signs of foot and ankle problems.

- How much time do you spend on your feet each day?
a. Less than 2 hours **0** b. 2 to 4 hours **1** c. 5 to 7 hours **2** d. 8 hours or more **3**
- How old are you?
a. Under 40 **0** b. Between 40 and 59 **1** c. 60 and over **2**
- How would you describe your weight?
a. At ideal weight or less than 20 pounds overweight **0**
b. 20 to 39 pounds overweight **2**
c. 40 or more pounds overweight **3**
- Have problems with your feet or ankles ever prevented you from participating in:
a. Leisure/sports activities? Yes **2** No **0**
b. Work activities? Yes **3** No **0**
- Have you ever received medical treatment for problems with your feet and/or ankles?
a. Yes **3** b. No **0**
- Do you regularly wear heels two inches or higher?
a. Yes **2** b. No **0**
- What types of exercise do you engage in or plan to engage in? (check all that apply)
a. Walking **1** b. Field sports **2** c. Winter sports **2** d. Court sports **3**
e. Aerobics **3** f. Running **3** g. None **0**
- Do you have the appropriate shoes for your sport or sports?
a. Yes **0** b. No **3**
- Do you experience foot or ankle pain when walking or exercising?
a. Rarely **1** b. Sometimes **2** c. Often **3** d. Never **0**
- Do you:
a. Do you exercise in footwear that is more than one year old or in hand-me-down footwear? Yes **3** No **0**
b. Stretch properly before and after exercising? Yes **0** No **3**
- Do you:
a. Have diabetes? Yes **3** No **0**
b. Experience numbness and/or burning in your feet? Yes **3** No **0**
c. Have a family history of diabetes? Yes **2** No **0**
- Do you: (check all that apply)
a. Sprain your ankles frequently (once a year or more) or are your ankles weak? Yes **2** No **0**
b. Have flat feet or excessively high arches? Yes **2** No **0**
c. Experience pain in the Achilles tendon or heel or have shin splints (pain in the front lower leg)? Yes **2** No **0**
d. Have corns, calluses, bunions or hammertoes? Yes **3** No **0**
e. Have arthritis or joint pain in your feet? Yes **3** No **0**
f. Have poor circulation or cramping in your legs? Yes **3** No **0**

Now total your score by adding the bolded number to the right of each answer. Find out what your score means by review the parameters at the right.

What Does Your Score Mean?

0 - 20 points: Congratulations! Your feet and ankles are very healthy and you can maintain your active lifestyle and/or exercise regimen. With proper attention and care your feet and ankles should remain healthy; however, you may want to schedule an annual exam with our office to ensure their long-term health. Furthermore, if you scored points for questions 4, 5, 9, 11 or 12, you should contact our office in the near future for a check-up.

21 - 40 points: Pay attention. Your feet and ankles are showing signs of wear, placing you in the moderate risk category. Although you can continue your normal activities, you should contact our office for a check-up. If you participate in a rigorous exercise regimen on a regular basis or plan to - or if you scored points for questions 4, 5, 9, 11 or 12 - you should contact our office soon to safeguard your foot and ankle health.

41 points or higher: Caution. Your feet and ankles are at high risk for long-term medical problems and you should contact our office as soon as possible. If you exercise, you should pay particular attention to your feet and ankles until you are seen by our practice. If you have not begun exercising, it is advisable to contact our office before undertaking any type of exercise.



THANK YOU!

From November 16 to December 11 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.



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2016

The doctors and staff of
Northpointe Foot & Ankle wish you and your
family a happy, healthy year ahead!