

**NorthPointe Foot & Ankle**  
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**MichiganFootCare.com**

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## Meet Our Team!

### Elizabeth Cantwell

Elizabeth Cantwell is a graduate of Ross Medical Education Center. She joined the NorthPointe Foot & Ankle team earlier this year to support our physicians as a Medical Assistant.



In her role, Elizabeth greets you in the exam room and requests some basic information. This information is used to keep your medical records up-to-date and gives the doctor an overview of your concerns.

Once you have been treated by the doctor, Elizabeth follows any directions that he may give to complete your care.

When not at the office, Elizabeth is busy at home taking care of her 3-year old daughter, Madison.

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

# NorthPointe News

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## National Diabetes Awareness Month

Diabetes affects the lives of nearly 26 million people in the United States and nearly seven million don't even know they have the disease. Diabetes is the inability to manufacture or properly use insulin, and it impairs the body's ability to convert sugars, starches, and other foods into energy. The long-term effects of elevated blood sugar (hyperglycemia) can lead to serious damage to the eyes, heart, kidney, nerves, and feet.

While there is no cure for diabetes, there is hope. With proper diet, exercise, medical care, and careful management at home, a person with diabetes can avoid the most serious complications and enjoy a full and active life.

Podiatrists play a key role in helping patients manage diabetes successfully and avoid foot-related complications. Podiatrists are highly trained physicians and surgeons focusing on the foot and ankle and should be an important part of a diabetes management team.

Because diabetes is a disease affecting many parts of the body, successful management requires a team approach. Podiatrists are an integral part of the treatment team and have documented success in preventing amputations. The keys to amputation prevention are early recognition and regular foot screenings performed by a podiatrist.



### Diabetes Warning Signs:

- Skin color changes
- Swelling of the foot or ankle
- Numbness in the feet or toes
- Pain in the legs
- Open sores on the feet that are slow to heal
- Ingrown and fungal toenails
- Bleeding corns and calluses

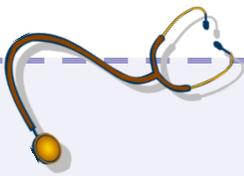
- Dry cracks in the skin, especially around the heel



### Take Action:

- *Inspect feet daily.* Feet should be checked everyday for cuts, bruises, sores, or changes to the toenails, such as thickening or discoloration
- *Wear thick, soft socks.* Avoid socks with seams, which could rub and cause blisters or other skin injuries.
- *Exercise.* Walking can keep weight down and improve circulation. Be sure to wear appropriate athletic shoes when exercising.
- *Have new shoes properly measured and fitted.* Foot size and shape may change over time. Shoes that fit properly are important to those with diabetes.
- *Don't go barefoot.* Don't go without shoes, even in your own home. The risk of cuts and infection is too great for those with diabetes.
- *Never try to remove calluses, corns, or warts by yourself.* Over-the-counter products can burn the skin and cause irreparable damage to the foot for people with diabetes.
- *Visit a NorthPointe Foot & Ankle doctor.* Regular checkups by a podiatrist - at least annually - are the best way to ensure that your feet remain healthy

Make an appointment for a **Comprehensive Diabetic Foot Exam** today.  
This simple examination helps diagnose the onset of foot problems due to diabetes.



# Why Can't I Feel My Feet?

Burning, tingling, numbness in your feet? Does this sound familiar? If you are a diabetic, and are experiencing some or all of these symptoms, you are experiencing classic signs of **diabetic peripheral neuropathy**.

Diabetic peripheral neuropathy is actual nerve damage that is the result of diabetes. Anyone who is a diabetic, or knows a diabetic, understands the havoc it can wreak on the body. The nerves are included in this path of destruction and this includes the nerves to your lower extremity and your feet. The damage to the nerves in your feet decrease your sensation, and this can lead to open wounds (ulcerations). Ulcerations can lead to amputations. How does this happen?

Normal sensation is the skin's protective mechanism which prevents it from becoming damaged. Loss of motor nerve function may also cause loss of the tone of the small foot muscles. This causes your foot to lose its original shape and produce areas of increased pressure. That increased pressure can then cause breakdown of the somewhat less sensitive skin, which can lead to ulcerations.

Diabetes can also affect the autonomic nerves which affects your skin's ability to maintain moisture. This loss of moisture makes your skin dry. Dry skin can lead to cracking, and this cracking in your skin can lead to ulcerations.

The most devastating effect diabetes has is on the sensory nerves. This numbness, burning and/or tingling is the loss of

sensation, you may be experiencing. This can affect part of your foot, your whole foot, or even your entire lower extremity. This loss of sensation means a loss of your body's ability to perceive increased pressure areas or changes in temperature. This loss of natural protection puts you at risk for ulcerations.

When you hear of a diabetic losing part of his or her foot, or one or both legs, you can now understand how and why this can happen. The damage produced by diabetes does not occur rapidly. The longer you have diabetes, or the more poorly controlled, the more danger is placed on life and limbs. Placing the emphasis on prevention, early attention to small problems, and routine care and examination is the key to making your feet last you a lifetime.

The above information is an excerpt from our book, "Diabetes and Foot Care." If you would like complete information on diabetes and your feet, visit our office for a free copy of our book, or go to our website [MichiganFootCare.com](http://MichiganFootCare.com), to download a book request a form and we will mail you a copy.

*What every Diabetic should know!*



*Diabetes and Foot Care*

Written By:  
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## Congratulations Jenn!

Jenn Nunley, one of Northpointe Foot & Ankle's first receptionists, will be married to her longtime beau, Craig Alexander, on November 6. The couple met as co-workers at NorthPointe.

A destination wedding is planned in the Dominican Republic.

The doctors and staff wish Jenn and Craig many years of health and happiness!



## Rotary Club Of Berkley's 64th Annual Pancake Breakfast

Saturday, November 8, 7:30 am - 1:00 pm  
ALL YOU CAN EAT!

Our own Dr. Hoffman will be serving up pancakes!

Adults \$6 Children \$3

Get tickets at the NorthPointe Office or at the door

Proceeds donated to local programs.

Berkley High School's Collaborative Center  
2325 Catalpa, Berkley

NorthPointe Foot & Ankle is a proud sponsor of this event.



## Thursday, November 27 Thanksgiving

The doctors and staff of NorthPointe Foot & Ankle would like to wish you and your loved ones a safe, healthy and happy Thanksgiving.



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



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