

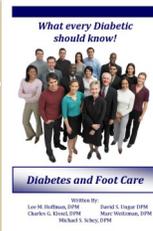
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Free Book

Diabetes and Foot Care



The doctors of NorthPointe Foot & Ankle have written a book designed to give persons with diabetes the information they need to maintain the health of their feet and ankles.

Read **Diabetes and Foot Care** to receive information on:

- Sore feet in the morning and throughout the day
- Shoes that hurt when worn
- A big toe that is pushing little toes out of place
- Tops of toes are red, sore and calloused
- Buckled toes
- Balls of feet hurt when standing all day
- Inside of ankle hurts and is swollen
- Sharp stabbing pain in toes
- A sore on a foot that isn't healing

The book is free to those wishing to find out more about diabetes and Foot concerns. Visit our office for a copy or fill out a request form found on our website: michiganfootcare.com.

NorthPointe News



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Diabetes and Your Feet

November is Diabetes Awareness Month, a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control.

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 can lead to serious damage to the eyes, heart, kidney, nerves, and feet.

Of the more than 28 million people in the US with diabetes, about half will develop neuropathy, a loss of feeling in the lower extremities. This nerve damage means an open sore or injury on the foot may go unnoticed until it becomes infected, which can eventually lead to the need for partial or full amputation of the foot or lower leg. In fact, diabetes is the leading cause of non-traumatic lower-limb amputation.

Due to the importance of diagnosing foot problems early in persons with diabetes, regular visits to a podiatrist are strongly recommended. Podiatrists are the most qualified doctors to care for feet, based on their education, training, and experience. As a member of a patient's health-care team, a podiatrist plays a vital role in managing diabetes successfully and avoiding foot-related complications.

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.

Take Action

Individuals should visit their NorthPointe Foot & Ankle podiatrist for a **Comprehensive Diabetic Foot Exam**. This simple, painless examination helps diagnose the onset of the disease and related foot problems.

Those with diabetes should follow these foot care tips:

- Inspect feet daily. Check your feet and toes every day 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.
- Regular checkups by your podiatrist are the best way to ensure that your feet remain healthy and any foot problem is treated quickly to avoid complications.



Statistics About Diabetes

Data from the National Diabetes Statistics Report, 2014 (released June 10, 2014)

- **Prevalence:** In 2012, 29.1 million Americans, or 9.3% of the population, had diabetes.
- **Undiagnosed:** Of the 29.1 million, 21.0 million were diagnosed, and 8.1 million were undiagnosed.
- **New Cases:** The incidence of diabetes in 2012 was 1.7 million new diagnoses/year.
- **Prediabetes:** In 2012, 86 million Americans age 20 and older had prediabetes; this is up from 79 million in 2010.
- **Deaths:** Diabetes remains the 7th leading cause of death in the United States in 2010, with 69,071 death certificates listing it as the underlying cause of death, and a total of 234,051 death certificates listing diabetes as an underlying or contributing cause of death.



Diabetic Foot Ulcers

A diabetic foot ulcer is an open sore or wound that occurs in approximately 15 percent of patients with diabetes and is commonly located on the bottom of the foot. Of those who develop a foot ulcer, 6 percent will be hospitalized due to infection or other ulcer-related complication.

Diabetes is the leading cause of non-traumatic lower extremity amputations in the United States. Foot ulceration precedes 85 percent of diabetes-related amputations. Research has shown, however, that development of a foot ulcer is preventable.

Anyone who has diabetes can develop a foot ulcer. Patients who have diabetes for many years can develop **neuropathy**, a reduced or complete lack of ability to feel pain in the feet due to nerve damage caused by elevated blood glucose levels over time. The nerve damage often can occur without pain, and one may not even be aware of the problem. Your NorthPointe Foot & Ankle podiatrist can test feet for neuropathy with a simple, painless test.

Because many people who develop foot ulcers have lost the ability to feel pain, pain is not a common symptom. Many times, the first thing one may notice is some drainage on their socks. Redness and swelling may also be associated with the ulceration and, if it has progressed significantly, odor may be present.

Once an ulcer is noticed, seek podiatric medical care immediately. Foot ulcers in patients with diabetes should be treated to reduce the risk of infection and amputation, improve function and quality of life, and reduce health-care costs.

The primary goal in the treatment of foot ulcers is to obtain healing as soon as possible. The faster the healing, the less chance for an infection.

There are several key factors in the appropriate treatment of a diabetic foot ulcer:

- Prevention of infection
- Taking the pressure off the area, called “off-loading”
- Removing dead skin and tissue, called “debridement”
- Applying medication or dressings to the ulcer
- Managing blood glucose and other health problems



Not all ulcers are infected; however, if your podiatrist diagnoses an infection, a treatment program of antibiotics, wound care, and possibly hospitalization will be necessary.

To keep an ulcer from becoming infected, it is important to:

- Keep blood glucose levels under tight control
- Keep the ulcer clean and bandaged
- Cleanse the wound daily and use a wound dressing or bandage
- Avoid walking barefoot.

For optimum healing, ulcers, especially those on the bottom of the foot, must be “off-loaded.” You may be asked to wear special footgear, or a brace, specialized castings, or use a wheelchair or crutches. These devices will reduce the pressure and irritation to the area with the ulcer and help to speed the healing process.

Healing time depends on a variety of factors, such as wound size and location, pressure on the wound from walking or standing, swelling, circulation, blood glucose levels, wound care, and what is being applied to the wound. Healing may occur within weeks or require several months.

**PREVENTION
WORKS**

Ulcer Prevention

The best way to treat a diabetic foot ulcer is to prevent its development in the first place.

Recommended guidelines include seeing a podiatrist on a regular basis. Your podiatrist can determine if you are at high risk for developing a foot ulcer and implement strategies for prevention.

You are at high risk if you have or do the following:

- Neuropathy
- Poor circulation
- A foot deformity (e.g., bunion, hammer toe)
- Wear inappropriate shoes
- Uncontrolled blood sugar
- History of a previous foot ulceration

Reducing additional risk factors, such as smoking, drinking alcohol, high cholesterol, and elevated blood glucose, are important in prevention and treatment of a diabetic foot ulcer. Wearing the appropriate shoes and socks will go a long way in reducing risks. Your NorthPointe Foot & Ankle podiatrist can provide guidance in selecting the proper shoes.

Rotary Club Of Berkley's 65th Annual Pancake Breakfast

Saturday, November 7
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.



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



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