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NorthPointe News



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MEET THE TEAM Synfonia Hallak

NorthPointe Foot & Ankle is pleased to welcome Synfonia Hallak to its team. Synfonia joins the staff as a file clerk.

Synfonia is a local resident and graduate of Berkley High School. She is currently attending Oakland Community College as she pursues a career in nursing.

Keeping patient charts updated and prepped for office visits is Synfonia's priority. She also helps with office mailings and front desk support.



When not in the office, she enjoys spending time with family and friends. However, most of her time is spent studying!

Receive our monthly newsletter.
Send your email address to:
Doctors@NorthPointeFoot.com

BUNIONS

Even though bunions are a common foot deformity, there are misconceptions about them. Many people may unnecessarily suffer the pain of bunions for years before seeking treatment.

A bunion is often described as a bump on the side of the big toe. But a bunion is more than that. The visible bump actually reflects changes in the bony framework of the front part of the foot. The big toe leans toward the second toe, rather than pointing straight ahead. This throws the bones out of alignment – producing the bunion's "bump."

Bunions are a progressive disorder. They begin with a leaning of the big toe, gradually changing the angle of the bones over the years and slowly producing the characteristic bump, which becomes increasingly prominent.

Bunions are most often caused by an inherited faulty mechanical structure of the foot. It is not the bunion itself that is inherited, but certain foot types that make a person prone to developing a bunion.

Symptoms, which occur at the site of the bunion, may include:

- Pain or soreness
- Inflammation and redness
- A burning sensation
- Possible numbness

Symptoms occur most often when wearing shoes that crowd the toes, such as shoes with a tight toe box or high heels. In addition, spending long periods of time on your feet can aggravate the symptoms of bunions.

Because bunions are progressive, they don't go away, and will usually get worse over time. Not all cases are alike – some bunions progress more rapidly than others. Your NorthPointe Foot & Ankle surgeon will evaluate your bunion and a treatment plan will be developed that is suited to your needs.

Treatment

To reduce the chance of damage to the joint, periodic evaluation and x-rays are advised.

In many cases some type of treatment is needed. Early treatments are aimed at easing the pain of bunions, but they won't reverse the deformity itself. These include:

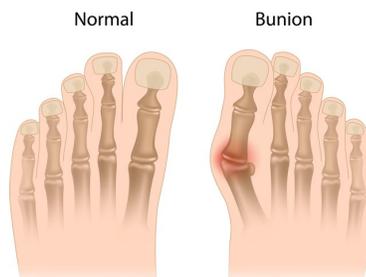
- **Changes in shoe wear.** Wearing the right kind of shoes is very important. Choose shoes that have a wide toe box and forgo those with pointed toes or high heels which may aggravate the condition.
- **Padding.** Pads placed over the area of the bunion can help minimize pain. These can be obtained from your surgeon or purchased at a drug store.
- **Activity modifications.** Avoid activity that causes bunion pain, including standing for long periods of time.
- **Medications.** Oral non-steroidal anti-inflammatory drugs, such as ibuprofen, may be recommended to reduce pain and inflammation.
- **Icing.** Applying an ice pack several times a day helps reduce inflammation and pain.
- **Injection therapy.** Although rarely used in bunion treatment, injections of corticosteroids

may be useful in treating the inflamed bursa sometimes seen with bunions.

- **Orthotic devices.** In some cases, custom orthotic devices may be provided by the foot and ankle surgeon.

If non-surgical treatments fail to relieve bunion pain and when the pain of a bunion interferes with daily activities, it's time to discuss surgical options with your NorthPointe Foot & Ankle surgeon. Together you can decide if surgery is best for you.

A variety of surgical procedures are available to treat bunions. The procedures are designed to remove the "bump" of bone, correct the changes in the bony structure of the foot, and correct soft tissue changes that may also have occurred. The goal of surgery is the reduction of pain.



Prepare for Leaf Raking

A necessary part of fall clean-up is always leaf raking. When tackling this task, there is a risk of injury due to the amount of bending, twisting, pulling and reaching motions required. This activity may result in achy, pulled or even torn muscles.

The doctors of NorthPointe Foot & Ankle would like to share some advice for as you prepare to rake your lawn.

- **Warm-up your muscles** for at least 10 minutes with stretching before you pick up a rake, especially if you have not exercised your shoulder, arm and neck muscles for some time.
- **Keep a straight back** and turn your whole body while you rake to avoid twisting your back. Use your legs to shift your weight instead of your back, and avoid throwing a bag of leaves over the shoulder or to the side as this twisting motion also can strain the back.
- **Use short strokes** instead of long ones to cut down the risk of over extension injuries.
- **Vary your movements** so you can avoid excessive stress on one muscle group.
- **Bend at the knees** and squat rather than at the waist to pick up your heavy piles of leaves and when lifting garbage bags or bins.
- **Make sure your rake is the proper height and weight** for you. If it's too short, you could strain your back, and if it's too heavy it will put added strain on your neck and shoulders.
- **Wear gloves** or use rakes with padded handles to prevent blisters.

My suggestions at all under the Autumn Tips section:

1st paragraph: add the word "about" after tips in "some tips autumn foot care"

Breathing room: omit word "that " in 1st sentence



Autumn Foot Care

Feet can benefit from special attention as you move from lighter summer foot wear to heavier cool weather shoes. North-Pointe Foot & Ankle would like to share some tips about autumn foot care:

Moisturize:

As cooler weather approaches, consider switching to an oil-based moisturizing lotion to make sure feet are staying properly moisturized. Dry feet can lead to cracking, pain, and infections. Moisturize feet in the evenings before bed, or in the morning after a shower.

Breathing room:

Heavier shoes don't always allow feet to breathe. Give feet adequate time outside of heavy, enclosed shoes to avoid unwanted odors. Avoid wearing shoes made of synthetic materials whenever possible. Natural materials, including leather and suede, allow more air circulation.



Check Toes:

Between the toes is the spot where infections and odor are most likely to develop during the autumn and winter. Whether it's from puddles,

the elements, or unexpected spikes in temperature that cause your feet to sweat in closed-toe shoes, moisture that collects between the toes can easily lead to problems. Make sure to change shoes quickly if your feet get wet or sweaty, and don't wear your socks for more than one day in a row.

Nails:

Give your toenails a break from nail polish. In the fall, toenails aren't constantly on display in sandals like they are in the summer. Regularly polishing the nails may cause nails to yellow, peel or dry up.

Join us for a Fall Family Fun Day!

Please join us for an afternoon with lunch and family activities.

Saturday, October 14, 11 am—2 pm
RSVP: 248.545.0100 by October 6



Pumpkin and Rock Painting
Kids Coloring
Games
Live Music
Cider and Donuts
National Coney Island



Donations will be accepted for Berkley/Huntington Woods Youth Assistance.



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