



NorthPointe News

NorthPointe Foot & Ankle
27901 Woodward Ave.
Suite 110
Berkley, MI 48072
(248) 545-0100
MichiganFootCare.com

Foot & Ankle Special
of the Michigan



Lee Hoffman, DPM
Brian Kissel, DPM
Charles Kissel, DPM
Aimee Popofski, DPM
David Ungar, DPM
Marc Weitzman, DPM

DIABETES MANAGEMENT

Diabetes is steadily increasing in the United States. According to the Center for Disease Control (CDC) there are an estimated 30.3 million cases in the U.S. For people with Diabetes, taking care of their feet is especially vital. More than 60 percent of all non-traumatic lower-limb amputations worldwide are related to complications from the disease, according to the American Diabetes Association.

Diabetes is the inability to manufacture or properly use insulin, impairing the body's ability to regulate sugar (glucose) levels which provide energy to cells and tissues throughout the body. Therefore, it is a disease that affects many parts of the body and is associated with serious complications such as heart disease, stroke, blindness, kidney failure and lower limb amputations.

The leading cause of hospitalization among people with diabetes is foot ulcers and infections, but most of those problems are largely preventable. It's important for those with the disease to receive regular foot exams by a podiatrist.

While there is no cure for diabetes, there are many ways of managing it, and in some cases, avoiding it. With proper diet, exercise, medical care and careful management at home, serious complications can be avoided and a person with diabetes may enjoy a full and active life.

Managing and treating the disease requires a *team* of specialists to guide and treat persons with the disease. A person with diabetes should have the following specialists within their *Medical Neighborhood*: Primary Care Physician, Endocrinologist; Ophthalmologist; Dentist; Vascular Surgeon; and a Podiatrist.

Podiatrists are physicians and surgeons that are specially trained to treat foot conditions that can be caused by diabetes, such as: neuropathy, infection and ulcers.

While ulcers—open sores on the foot—are the most common diabetes-related foot problem,

several others are also serious and prevalent, including **neuropathy, skin changes, calluses, poor circulation, and infection**. The nerve damage that diabetes causes may mean a person with an ulcer or injury may be unaware of it until it becomes infected.

Infection can lead to partial or full amputation of the foot or lower leg. Regular care from a podiatrist can reduce amputation rates up to 80 percent, according to research of the American Podiatric Medical Association.



Persons with diabetes need to inspect their feet daily and be vigilant in looking for signs of ulcers, including irritation, redness, cracked or dry skin (especially around the heels), or

drainage on their socks.

Another CDC statistic shows that there are approximately 7.2 million people that have diabetes but have not been diagnosed. That is a lot of people at risk for serious medical issues. Never ignore what your body says to you. Your body has ways of "talking to you" to let you know if something is changing.

Your feet and ankles show warning signs of diabetes in the following ways:

- Changes in skin color
- Swelling of the foot or ankle
- Numbness in the feet or toes
- Pain in 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

A Comprehensive Diabetic Foot Exam is recommended for individuals at any risk level of developing diabetes. Make your appointment today with your NorthPointe doctor.

Warm up Your Neighbors!

Join NorthPointe Foot & Ankle and the Berkley Senior Center in collecting new gloves, hats, scarves and socks for all ages.

November 12- December 7

The gifts will be distributed to those less fortunate in our community before Christmas, including students in the Berkley School District.



New Hats
New Gloves
New Scarves
New Socks

Drop off donations at the Berkley Senior Center or NorthPointe Foot & Ankle.

Monetary donations will also be accepted at NorthPointe Foot & Ankle's front desk. Money received will be used to buy gifts of warmth.

Berkley Senior Center

2400 Robina
Berkley 48072
248-658-3470

PARKS & RECREATION



To receive our monthly newsletter,
send your email address to:
NorthPointe@FootandAnkleSEMI.com

Foot Exams

Persons with diabetes should perform these simple steps daily:

- Check for loss of sensation in the feet, called neuropathy.
- Examine skin for calluses, blisters, sores, excessively dry or cracked skin, or any other unusual conditions, especially between the toes.
- Look for signs of decreased circulation such as thin, shiny skin with loss of hair.
- Check the feet for extreme temperatures (excessive warmth or coldness).
- Inspect nails for thickening, ingrown corners, excessive length, and fungal infection.
- Inspect socks, tights, and/or pantyhose for blood or any discharge.
- Examine footwear for torn linings, foreign objects like rocks or small pebbles, improper fit, and irritating seams.

In addition to examining feet every day, follow these foot health tips:

- Discuss diabetes and the risks with family members. Diabetes can be hereditary, so talk to family members about monitoring blood sugar and foot health.
- Never go barefoot. Always protect feet with the proper footwear and make sure socks and shoes are comfortable and fit well.
- Trim toenails straight across, and never cut the cuticles. Seek immediate treatment for ingrown toenails, as they can lead to serious infection.
- 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.
- Exercise. Walking can keep weight down and improve circulation. Be sure to wear appropriate athletic shoes.
- Keep feet elevated while sitting.
- Wear thick, soft socks. Avoid socks with seams, which can rub and cause blisters or other skin injuries. The best material for athletic socks is polyester, as this fiber wicks moisture away from the skin. Cotton holds moisture against the skin. Look for athletic socks that are 100% polyester or 100% "coolmax" (a polyester fiber.)
- Have new shoes properly measured and fitted. Foot size and shape often changes over time. Shoes that fit properly should not rub or cause irritation.
- Wiggle toes and move feet and ankles up and down for five-minute sessions throughout the day.
- Visit a podiatrist regularly to avoid unnecessary complications.



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. A podiatrist can determine if a person is at high risk for developing a foot ulcer and implement strategies for prevention.

Someone is at high risk if they 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.

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



Risk of Vascular Disease

A person with diabetes, even if it is well managed, is at increased risk to develop vascular disease. Vascular disease is the buildup of plaque and cholesterol in your arteries throughout your body.

Podiatrists are often the first physicians to spot signs of vascular disease. That's why it is so important to include your NorthPointe podiatrist on your diabetes management team.

One of the most recognized vascular diseases is Peripheral Arterial Disease (PAD). PAD is caused by blockage or narrowing of the arteries in the legs. This causes a reduction of blood flow to the legs and feet and is commonly referred to as poor circulation.

Many individuals with PAD do not experience typical leg symptoms such as cramping, pain, or fatigue known as claudication. The most common signs of PAD can include:

- Fatigue, tiredness, or pain in your legs, thighs, or buttocks that happens when you walk but goes away when you rest.
- Foot or toe pain at rest that often disturbs your sleep.
- Skin wounds or ulcers on your feet or toes that are slow to heal or do not heal for 8 to 12 weeks.

Remember, leg pain is not normal. If you are experiencing any leg or thigh pain, we urge you to make an appointment with your NorthPointe Foot & Ankle doctor today to receive a non-invasive, PAD test.