

**NorthPointe Foot & Ankle**  
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[MichiganFootCare.com](http://MichiganFootCare.com)

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## Product Feature

### Aloe Grande Crème

A fine, all-purpose crème for skin care, and is effective as an aid in treating callous conditions, cracks and fissures, and rough dry skin.



Aloe Grande Crème

contains Vitamin A, D, and E topical which is a skin protectant. It works by moisturizing and sealing the skin which aids in the healing process.

Topically applied vitamins play a useful role in combating various skin disorders. Orally ingested vitamins are not always transported to the skin in sufficient quantities because of poor absorption, improper functioning of metabolic systems, and aging.

The topical application of vitamins can provide the skin with local vitamin concentrations higher than those attained by oral ingestion.

# NorthPointe News

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## American Diabetes Month

For years, the American Diabetes Association has used the month of November as an opportunity to raise awareness of the disease and its serious complications. In 2009, the Association launched a national movement to *Stop Diabetes* – with the audacious goal of gathering the support millions of Americans to help confront, fight and most importantly, stop diabetes.

Nearly 24 million people in the United States are living with diabetes and an additional 57 million Americans are at risk. About 60-70% of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems.

Elevated blood glucose can affect your feet in many ways. It can:

- damage your nerves resulting in increased pain, decreased feeling or no feeling;
- affect the circulation to your feet causing pain and decreased healing;
- increase your chance for infection due to the effect on your blood cells, nerves, and circulation;
- cause stiff joints and bone changes.

### What can I do to take care of my feet?

Know your blood sugar numbers by testing daily.

- Wash your feet in warm water every day. Make sure the water is not too hot by testing the temperature with your elbow. Do not soak your feet. Dry your feet well, especially between your toes.

*The doctors of NorthPointe Foot & Ankle have written a book designed to give you the information you need to maintain the health of your feet and ankles.*

*The book is free to those wishing to find out more about foot care and concerns.*

**Order your FREE copy of *Diabetes and Foot Care* at:**  
[www.MichiganFootCare.com](http://www.MichiganFootCare.com)



- Look at your feet every day to check for cuts, sores, blisters, redness, calluses, or other problems. If you cannot bend over or pull your feet up to check them, use a mirror. If you cannot see well, ask someone else to check your feet.
- If your skin is dry, rub lotion on your feet after you wash and dry them. Do not put lotion between your toes.
- Cut your toenails once a week or when needed. Cut toenails when they are soft from washing. Cut them to the shape of the toe and not too short. File the edges with an emery board.
- Always wear shoes or slippers to protect your feet from injuries. Do not wear socks or knee-high stockings that are too tight below your knee.
- Wear shoes that fit well. Shop for shoes at the end of the day when your feet are bigger. Before putting your shoes on, feel the insides to make sure they have no sharp edges or objects that might injure your feet.

### How can I get my doctor to help me take care of my feet?

- Tell your doctor right away about any foot problems.
- To make sure your doctor checks your feet, take off your shoes and socks before your doctor comes into the room.
- Ask your doctor to check how well the nerves in your feet sense feeling.
- Ask your doctor to check how well blood is flowing to your legs and feet.
- Ask your doctor to show you the best way to trim your toenails. Ask what lotion or cream to use on your legs and feet.

If you cannot cut your toenails or you have a foot problem, see your NorthPointe physician.



## Diabetes Links For Helpful Information

We have assembled several links to helpful information on Diabetes. These are informational sites only, **please consult your healthcare provider prior to starting any program or medication:**

### Web Sites

**American Diabetes Association** - [www.diabetes.org](http://www.diabetes.org)

**Web MD** - [www.diabetes.webmd.com](http://www.diabetes.webmd.com)

**National Diabetes Information Clearing House** - [www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)

**Mayo Clinic** - [www.mayoclinic.com/health/diabetes](http://www.mayoclinic.com/health/diabetes)

**Centers for Disease Control and Preventions** - [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

**Diabetes Journal** - [www.diabetes.diabetesjournals.org](http://www.diabetes.diabetesjournals.org)

**Joslin Diabetes Center, affiliated with Harvard Medical School** - [www.joslin.org](http://www.joslin.org)

**Juvenile Diabetes Foundation** - [www.jdrf.org](http://www.jdrf.org)

### Diabetes Magazines

**Diabetic Gourmet** - [www.diabeticgourmet.com](http://www.diabeticgourmet.com)

**Diabetes Forecast** - [www.forecast.diabetes.org](http://www.forecast.diabetes.org)

**Diabetes Self-Management** - [www.diabetesselfmanagement.com](http://www.diabetesselfmanagement.com)

**Diabetes Health** - [www.diabeteshealth.com](http://www.diabeteshealth.com)

## Thanksgiving THANK YOU!

THANK YOU for helping make our Thanksgiving Food Drive a tremendous success! NorthPointe's patients, staff and friends donated pounds of non-perishable food items and money to help needy families in our community have a happy, and bountiful, Thanksgiving feast. The monetary donations will be used to purchase turkeys and fresh vegetables for the Thanksgiving baskets.

Oakland Family Services will distribute the food to the selected families in the Berkley and surrounding area in plenty of time for Thanksgiving. Oakland Family Services is a private, nonprofit, human service organization that is dedicated to strengthening families by providing quality treatment, education and prevention services throughout southeastern Michigan.

As we enter into this year's holiday season we want to mention how grateful we are to our patients for trusting us to provide high quality podiatry service. It is because of these exceptional patients that we are able to provide the support in the community like we have for Oakland Family Services.



**There is still time to donate!  
Stop by NorthPointe by  
November 17th!**

## Tip of the Month

### The Future of Diabetes is in Your Hands During American Diabetes Month

Join the movement and help put an end to a deadly disease.



**Get involved!** Share your vision to stop Diabetes! Join the American Diabetes Association's movement to educate and engage. Post your video at [stopdiabetes.com](http://stopdiabetes.com) – the future of diabetes is in your hands. Take action now by visiting [stopdiabetes.com](http://stopdiabetes.com), calling 1-800-DIABETES, or text JOIN to 69866 to join Stop Diabetes. Become an advocate for the cause and receive alerts and critical information to help stop diabetes.

On this site you can also download your own Check Up Checklist. Bring the Checklist to your next visit with your NorthPointe doctor.

## SHOP ONLINE!

Visit our Website, [www.MichiganFootCare.com](http://www.MichiganFootCare.com), to shop for Diabetes care and other health care products. It is convenient and easy. Products will be delivered directly to your home!



[www.MichiganFootCare.com](http://www.MichiganFootCare.com)

## UPCOMING EVENTS

NorthPointe Foot & Ankle is joining the Berkley Senior Center and the Berkley Red Hats Club to collect new gloves, hats, scarves and socks for all ages. The gifts will be distributed to those less fortunate in the community before Christmas, including students in the Berkley School District.



**Donations will be accepted at NorthPointe and the Berkley Senior Center from December 1 through December 15.**

Help NorthPointe help a family in need this holiday season!