

**NorthPointe Foot & Ankle**  
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## Meet Our Team!

### MARY KENNEDY

Mary Kennedy is the Executive Administrator of NorthPointe Foot & Ankle. She is behind the scenes maintaining the administrative and financial management of the office. During her more than 33 years of experience in the podiatric field, she has been an integral part of the NorthPointe team since its opening and previously worked for Dr. Hoffman in his private practice.

In addition to her administrative responsibilities, Mary is the HIPAA Compliance Officer for the office.



Mary is a member of the American Society of Podiatric Medical Assistants, and is certified in

clinical and administrative fields. She is also a member of the American Podiatric Practice Management Association and Past-President of the Michigan Tourette Syndrome Association.

When not in the office, Mary enjoys spending time with her family, including her 11 grandchildren, and reading.

# NorthPointe News

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## ARTHRITIS OF THE FOOT & ANKLE

Arthritis is the leading cause of disability in the United States. It can occur at any age, and literally means "pain within a joint." Although there is no cure for arthritis, there are many treatment options available. It is important to seek help early so that treatment can begin as soon as possible.

There are three types of arthritis that may affect your foot and ankle:

**Osteoarthritis:** Many factors increase your risk for developing osteoarthritis. Because the ability of cartilage to heal itself decreases as we age, older people are more likely to develop the disease.

**Rheumatoid Arthritis:** The exact cause of rheumatoid arthritis is not known. Although it is not an inherited disease, researchers believe that some people have genes that make them more susceptible.

**Post-Traumatic Arthritis:** Fractures - particularly those that damage the joint surface - and dislocations are the most common injuries that lead to this type of arthritis.

### Symptoms

Signs and symptoms of arthritis of the foot vary, depending on which joint is affected. Common symptoms include:

- Pain or tenderness
- Stiffness or reduced motion
- Swelling
- Difficulty walking due to any of the above

### Treatment

Depending on the type, location, and severity of the arthritis, there are many types of treatment available.

**Nonsurgical Treatment** options include:

- Pain relievers and anti-inflammatory medications to reduce swelling
- Shoe inserts (orthotics), pads or arch supports

- Custom-made shoe, such as a stiff-soled shoe with a rocker bottom
- An ankle-foot orthosis (AFO)
- A brace or a cane
- Physical therapy and exercises
- Weight control or nutritional supplements
- Medications, such as a steroid medication injected into the joint



**Surgical Treatment** for arthritis of the foot and ankle include arthroscopic debridement, arthrodesis (or fusion of the joints), and arthroplasty (replacement of the affected joint).

- **Arthroscopic surgery** may be helpful in the early stages of arthritis. Small instruments at the end of the arthroscope, such as probes, forceps, knives, and shavers, are used to clean the joint area of foreign tissue, inflamed tissue that lines the joint, and bony outgrowths (spurs).
- **Arthrodesis (or Fusion)** fuses the bones of the joint completely, making one continuous bone. The surgeon uses pins, plates and screws, or rods to hold the bones in the proper position while the joint(s) fuse. If the joints do not fuse (nonunion), this hardware may break.
- **Arthroplasty (or Joint Replacement)** is when the damaged joint is replaced with an artificial implant (prosthesis). In addition to providing pain relief from arthritis, joint replacements offer patients better mobility and movement compared to fusion. By allowing motion at the formerly arthritic joint, less stress is transferred to the adjacent joints. Less stress results in reduced occurrence of adjacent joint arthritis.

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





# Congratulations Dr. Hoffman!

Dr. Lee Hoffman has been serving the podiatric needs of the community as a private practice physician for over 35 years. In March of this year, Dr. Hoffman received confirmation of his recertification in Foot Surgery by the American Board of Podiatric Surgery. His recertification was awarded upon successful completion of his examinations, meeting the current podiatric education and experience requirements set by the American Board of Podiatric Surgery in accordance with the standards published by the National Committee for Quality Assurance. Dr. Hoffman was originally certified in Foot Surgery in 1995.

Dr. Hoffman works diligently to remain current on any podiatric advancement that would allow him to better care for his patients. His compassion and successful treatment plans keep his patients in the best shape and always coming back for his advice and care.

In addition to attending to patients at his offices, Dr. Hoffman is an active member of the Michigan and American Podiatric Medical Associations; certified nationally as a review physician; and is a consultant for worker's compensation claims, peer reviews and multiple insurance companies. He also trains Residents as a staff member of the Detroit Medical Center and Botsford Hospital and is an adjunct faculty member of Ohio College of Podiatric Medicine. On a personal level, Dr. Hoffman is a member and past president of the Berkley Rotary and supports many local community organizations.



The doctors and staff of NorthPointe Foot & Ankle, along with his peers, congratulate him on this milestone.

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## Walk Yourself Healthy

Exercise is crucial for people with arthritis. It increases strength and flexibility, reduces joint pain, and helps combat fatigue. When arthritis threatens to immobilize you, exercise keeps you moving. Follow this advice to get you walking safely.

Before you get walking, a series of loosening-up exercises will help alleviate any muscle stiffness or pulled muscles that may be ahead of you. Take five deep breaths for each slow stretch and hold the stretched muscle firm without bouncing. After every walk, stretch again to improve circulation and decrease buildup of lactic acid, the chemical byproduct that causes muscles to ache.

Setting appropriate goals is vital to a successful walking program. First, make walking a habit. Start slowly, with five or ten-minute walks three to five times a week. As walks get longer, their frequency can be adjusted.

Before you know it, you'll be making time for weekly walks wherever you are. But don't overdo it. Starting too quickly and getting injured or uncomfortably sore may decrease your enthusiasm before walking has had a chance to work its magic on your mind and body.

Start your walks slowly, and gradually work up to a brisk speed that will cover a mile in 15 minutes (that's four miles per hour). Measure a one-mile stretch, record your time, and see how you improve as the weeks go by.

To get significant benefits from walking, you must eventually be able to walk 20 minutes at a brisk pace without stopping. Walks shouldn't last more than an hour. Calculate your week's total walking time in minutes, then try to increase it by 10 percent each week. A starting regimen should involve walking at least three times per week, but never exceeding five times a week. Walking every day denies the body the rest time it needs to repair minor injuries and could lead to more serious ones.



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## MAY

May is Arthritis Awareness Month. There are several events hosted throughout the month to help the community understand issues surrounding arthritis and how to help others with the disease.

The doctors of NorthPointe Foot & Ankle are proud members of the Michigan Podiatric Medical Association (MPMA). The MPMA is one of this year's sponsors of the Walk to Cure Arthritis at the Detroit Zoo.

### Saturday, May 10, 2014 - 8 am

Detroit Zoo  
8450 West 10 Mile Road  
Royal Oak, MI 48067  
[www.arthritis.org/michigan/](http://www.arthritis.org/michigan/)

The Walk to Cure Arthritis raises funds and awareness to fight the nation's leading cause of disability— helping the millions of people who live with arthritis pain, and funding research that's getting us closer to a cure.

The event features a two or four mile walk (with a one mile option), with arthritis information and activities for the entire family.

For more help or information about the Walk to Cure Arthritis, contact Laurie Rupp at [lrupp@arthritis.org](mailto:lrupp@arthritis.org), or call 248.530.5025