

NorthPointe Foot & Ankle
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Product Feature

Sugar Free Sox!

New at NorthPointe, Sugar Free Sox... healthy and comfortable! The "Big Stretch" fabric enhances circulation. The "No-Bind" top helps toward the prevention of blood clots and varicose veins. The Seamless Toe prevents blisters and irritation and the Anti-Microbial coated fabric resists bacteria, helping in the prevention of odor and athlete's foot. These socks are ideal for people with diabetes, travelers, sensitive feet, circulatory problems and swollen or wide feet and legs. Enjoy the super comfort and style of Sugar Free Sox and live healthy! Stop in today to purchase your socks.



NorthPointe News

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PAD - Are You at Risk?

Do you experience leg pain while walking or exercising? This could be a sign of Peripheral Artery Disease (PAD). The most common symptom of PAD is a painful muscle cramping in the hips, thighs or calves when walking, climbing stairs or exercising. The pain of PAD usually goes away when you stop exercising, although this may take a few minutes. Working muscles need more blood flow. Resting muscles can get by with less. Many people with PAD have no symptoms or mistake their symptoms for something else. People with peripheral arterial disease have four to five times more risk of heart attack or stroke. Left untreated, PAD can lead to gangrene, amputation, heart attack and stroke.

What is Peripheral Artery Disease (PAD)?

Peripheral Artery Disease happens when fatty deposits build up in arteries outside the heart, usually the arteries supplying fresh oxygen and blood to the arms, legs and feet. PAD is dangerous because these blockages can restrict circulation to the limbs and organs. Without adequate blood flow, the kidneys, legs, arms and feet suffer damage. Left untreated, the tissue can die or harbor infection such as gangrene.

PAD is a life-threatening condition that can be managed or even reversed with proper care.

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



Risk Factors

Certain risk factors for PAD can't be controlled, such as aging or having a personal or family history of PAD, cardiovascular disease or stroke. However, there are risk factors you CAN control including:

- If you smoke, you have an especially high risk for PAD.
- If you have diabetes, you have an especially high risk for PAD.
- People with high blood pressure or high cholesterol are at risk for PAD.



Get Tested!

NorthPointe is home to the PADnet machine which provides a pain free screening for PAD. The test is run in the office and the results are transferred over the Internet confidentially to a group of cardiologists who read the test, in addition to our own experts. According to Dr. Frederick, physician at NorthPointe, "The PADnet machine is an integral tool in screening for vascular disease and provides an indication of the likelihood of cardiovascular disease. It has been found that 35% of people who have vascular disease also suffer from cardiovascular disease."

Make an appointment today to get screened for PAD at NorthPointe. It only takes 15 - 20 minutes.

Get Treated!

PAD is treatable. Treatment for PAD focuses on reducing symptoms and preventing further progression of the disease. In most cases, lifestyle changes, exercise and medications are enough to slow the progression or even reverse the symptoms of PAD.



NorthPointe Hosts Shoe/Sock Drive

The doctors and staff at NorthPointe are hosting a shoe and sock drive to support the children in need throughout Oakland County. We are collecting new shoes and socks and gently used children's shoes for students grade K-8. The Lighthouse of Oakland County will distribute these much-needed donations on August 24, 10 am-3 pm. NorthPointe is pleased to kick-off the event with a donation of 50 pairs of new shoes and free PAD testing at the Southfield Civic Center on Monday, August 16.

Help us help the community and donate today! Please visit us or any the following locations from Monday, August 16 through Friday, August 20 to provide a donation:

- NorthPointe Foot & Ankle, 27901 Woodward Ave, Suite 110, Berkley, (248) 545-0100
- Royal Oak Medical Center, 5130 Coolidge Hwy, Royal Oak, (248) 288-9500
- Salon 59, 4823 Highland Rd (M59), Waterford, (248) 674-7480
- Northwest Podiatry, 5755 W. Maple, West Bloomfield, (248) 626-7180
- Drayton Clinic, 4400 Dixie Hwy., Waterford, (248) 673-1244
- Oakland Regional Hospital, 22401 Foster Winter Dr., Southfield, (248) 423-5100
- Southfield Civic Center, Parks and Rec. Building, 26000 Evergreen Road, Southfield, MI 48034, (248) 796-4620
- Red Wing Shoe Stores,
 - ◇ 4189 Baldwin Rd., Auburn Hills, (248) 322-9300
 - ◇ 28271 Woodward Ave, Berkley, (248) 399-4459
 - ◇ 43438 West Oaks Drive, Novi, (248) 465-0700
- American Diabetes Association, 30200 Telegraph Road, Suite 105 Bingham Farms (248) 433-3830
- Tagai Family Chiropractic, 3355 Union Lake Rd., Commerce Twp., (248) 366-7017
- Rochester Center for Foot & Ankle Surgery, 1135 W. University, Suite 235, Rochester, (248) 651-0162



Tip of the Month

Fact or Fiction? Fungal Toenails Are Contagious ... **FICTION!**



Fungal infection of the nail, or onychomycosis, is often ignored because the infection can be present for years without causing any pain. Unlike the common cold or flu, being around someone afflicted with this condition generally does not pose a risk of acquiring the infection.

The disease is characterized by a progressive change in a toenail's quality and color, which is often ugly and embarrassing, however, not usually contagious from casual contact. In reality, the condition is an infection underneath the surface the nail caused by fungi.

If ignored, the infection can spread and possibly impair one's ability to work or even walk. Treatments vary, depending on the nature and severity of the infection. The doctors at Northpointe can detect a fungal infection early and form a suitable treatment plan.

UPCOMING EVENTS

August 20: Berkley Cruise
Visit the NorthPointe team at this free street fair from 11am to 4 pm on 12 Mile between Wakefield & Taylor

August 21: Woodward Dream Cruise The whole family can enjoy the activities hosted up and down Woodward while checking out the cruisers

September 3-6: Arts, Beats & Eats This fun annual event is now in Royal Oak

September 3-6: Detroit Jazz Fest Local and national musicians all weekend long on the Riverfront