

# FOOTNOTES

Hosey Foot and Ankle Centers

Fall 2009

## Fall hiking – A time to keep your feet warm

Now that fall is officially here, there is no better time of year to take advantage of hiking trails in Michigan. The colors are vibrant and the summer haze is gone—along with the crowds.



Although the mornings may be cool, most days bring perfect hiking weather.

“Feet get cold because they get wet,” says Dr. Thomas Hosey of Hosey Foot and Ankle Centers. “They get wet either from water entering the boot, or from feet sweating. To avoid foot problems, keep your feet dry.”

But sometimes that’s a lot easier said than done. Luckily, stream crossings and muddy trails are not a major issue in the fall in most places. Hiking after

an early snow is probably a bit more likely, so make sure you are wearing an appropriate pair of hiking boots that are water resistant. They don’t have to be water proof, just water resistant.

“The bigger cause of cold feet is moisture from perspiration,” says Dr. Hosey. “The tendency in colder weather is to add extra layers to the feet. This would be great if they could be stripped on an off as easily as a jacket or hat, but this doesn’t usually happen.”

The key is hiking in a medium weight, wicking sock. Multiple layers of socks or a sock which is too thick will most likely cause excess perspiration after the first hill. The perspiration quickly becomes cold, damp and wet. This increases the chance for irritation, chaffing and blisters.

Adding extra layers to your feet may also make the fit in your hiking boot a potential problem. When the boot is too tight, the risk for blisters, heel bursitis and nerve impingement increases. In general, make sure your socks fit the type of shoe or boot you will be wearing this fall, and by all means, get out and enjoy some fall hiking.

## State Medicaid cuts affect podiatry services



As the state grapples with a \$2 billion budget deficit, certain medical benefits for those on Medicaid have been eliminated. To help balance the budget, medical benefits for podiatry, chiropractic, vision, hearing aid and dental have been eliminated.

The cuts affect adults age 21 and older covered by Medicaid, the federal-state program that provides health coverage for certain low-income individuals and families. Recipients under the age of 21 still have coverage, including podiatry coverage.

Hosey Foot and Ankle Centers is committed to rendering quality health care to its patients. Patients who are affected by these changes are advised to contact their primary care provider, or health plan for continued care.

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# Gratiot receptionist Amanda Stevens is a writer at heart

When Amanda Stevens greets patients at the Gratiot Office, her main concern is for their welfare and health. At the same time the 27-year-old receptionist also likes

to think about them as characters in any future book she may someday write.

Amanda recently completed her first novel after five years of research and writing and is now in the



process of contacting

publishing houses in hopes of landing her first acceptance letter. The book falls into the adult contemporary fiction category and is an account of life in the United States if certain constitutional decisions were changed.

A graduate of Rochester College with a bachelor's degree in English, she hopes to someday earn a master's degree in either communications or English

literature. "I am truly passionate about writing," Amanda says. She has been putting pen to paper since she was of grade school age as a home schooling student. She even for a short period of time taught home school students.

Amanda, in addition to her receptionist duties, works in the billing department on Garfield. "Working for Dr. Hosey has been wonderful," she says. "Many of his patients on Gratiot have been with him since he opened the office, and I think that is a wonderful statement about the practice and Dr. Hosey's skills." The entire staff is professional and caring toward the patients.

Amanda is a member of the Cornerstone Baptist Church in Roseville and lives with her sister, Emily, in a Clinton Township condominium. She looks to someday land an editor position at a publishing house, but for now is happy to meet as many people as possible ...and where better than in a doctor's office.

***"The world is full of fascinating people and stories for writing purposes," she says. "All you have to do is look for them."***

***- Amanda Stevens***

## Clinic continues the tradition of giving...

**Make an appointment for December 7-12 receive a complimentary poinsettia**

The physicians and staff of Hosey Foot and Ankle Centers wish you and your family a very happy holiday season. We all pray for a return to peace and economic well-being in the new year.

To help you celebrate the season, patients who make an appointment at any of our

locations with our physicians for the second week in December will receive a complimentary poinsettia plant. Provided by the practice, the flowers come from Brohl's Greenhouse in Macomb Township.

**To make an appointment to see our physicians call the clinic at 586-263-4411.**



**Patient Appreciation Dinner set for January 28th**

Patients of Hosey Foot and Ankle Centers will be treated to a pasta and chicken dinner on Thursday, January 28, 2010 at the Mirage Banquet Center, 18 Mile and Garfield roads. "The dinner is a way the practice can express appreciation for our patients and their loyalty to our physicians and staff," Dr. Thomas Hosey says. "Any donations you would like to give will go to a local family in need of financial assistance."

**Please RSVP to the Appreciation Dinner by calling 586-263-4411 no later than January 9th.**





# Weekend warriors should be on guard against Achilles Tendon rupture

So called “weekend warriors” should be on guard against a common foot sports injury...an Achilles tendon rupture.

“This is one of the more common injuries we find with middle-age males who play sports on the weekend,” says Dr. Thomas Hosey. “Most commonly it is a traumatic injury that causes



sudden pain behind the ankle as the tendon attaching the calf muscle to the heel is ruptured.”

Patients may hear a ‘pop’ or a ‘snap’ and will almost always say they feel as though they have been kicked in the heel. “Often patients will have

difficulty pointing their toes downward, and may have swelling and bruising around the tendon,” Dr. Hosey adds.

Achilles tendon ruptures are most commonly seen in men who are around the age of 30-40 years old. Over 75 percent of the injuries are associated with playing ball sports such as basketball or tennis.

“Achilles tendon rupture is most often treated surgically to reattach the tendon to its normal position,” says Dr. Hosey. Nonoperative management can be undertaken for people who live sedentary lifestyles or who may have problems with wound healing. This is accomplished by casting the Achilles tendon for several months.

Rehabilitation following Achilles tendon repair includes casting for a period of four to eight weeks following surgery, after which patients are allowed to gently move the ankle. Sometimes patients are allowed to remobilize more quickly, but only under the care of their physician. These patients use a removable boot for several weeks when walking.

For further information about an Achilles tendon rupture, talk to the physicians at Hosey Foot and Ankle Centers.

# Isn't it swell to be pregnant Foot care tips during pregnancy

As a woman goes through pregnancy many things happen to her body, with one of the most overlooked yet most common symptom being foot swelling. Swelling of the shins and ankles is also common.

“Swelling of the feet becomes most pronounced around the fifth month of pregnancy,” says Dr. Jennifer Somers. “Sometimes the discomfort of swelling can be relieved with rest and a foot massage. In some cases it may be more difficult to relieve the inflammation of their feet, and that’s



where the physicians at Hosey Foot and Ankle Centers can often help.”

Foot pain can be easily overlooked during pregnancy. During this time the body releases a hormone called relaxin that relaxes the ligaments throughout the body including the feet. Due to the relaxation of the ligaments, the arch slowly collapses and the feet widen and lengthen,

giving the impression that the feet have grown. Many women find that their shoes are a half or full size larger.

“A woman’s weight distribution also changes during pregnancy,” Dr. Somers says. “Her center of gravity will shift placing abnormal stress on the back and excess stress on the knees and feet.” The slow arch collapse and pressure distribution combine to cause heel pain, arch pain, ball of foot pain and tendonitis.

## Here are some tips for pregnant women that should ease the pain and swelling of their feet:

**Drink plenty of water.** Pregnant women should consume a minimum of 6-8 glasses of fluids and water every day. This will help in the elimination of toxins within the body.

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Thomas C. Hosey  
DPM, FACFAS



Jennifer L. Somers  
DPM



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## Hosey Foot & Ankle Centers has three convenient locations to serve you!

**Clinton Township**  
42550 Garfield  
586.263.4411

**Mount Clemens**  
253 South Gratiot  
586.468.5445

**Sterling Heights**  
44344 Dequindre Road  
586.275.3000

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## Foot care tips during pregnancy *continued from page 3*

**Avoid excessively warm places.** High temperatures can lessen the body's water content and cause significant fluctuations in the amount of fluid retention.

**Refrain from standing for long periods of time.** Not only will this lead to aching feet, it will also cause significant swelling as fluids move toward the lower parts of the woman's body.

**Don't wear high heels.** Whenever possible wear the most comfortable and well-fitting shoes you can find. These should neither be too tight to cause undue pressure, or too loose that might cause rubbing on certain points in the foot. If you must wear high heels for a really special occasion, be sure to wear orthotic insoles designed for high heel shoes.

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## State Medicaid cuts affect podiatry services *continued from page 1*

The staff at Hosey Foot and Ankle Centers will be pleased to answer any questions about these changes implemented by the state of Michigan.

Because some carriers continue to cover diabetic foot care, you should contact your insurance carrier for added information.

The following will no longer provide insurance coverage for podiatry: Adult Waver Benefit, Omnicare,

Macomb Health Plan and Health Plus. Limited coverage will continue for diabetic podiatry through Medicaid, Molina and Total Health Care.

The following health plans will continue to review information for coverage and notify members and providers of any revisions: Great Lakes Health Plan, Health Plan of Michigan, MidWest Medicaid and BlueCaid.

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