

FOOTNOTES

Hosey Foot and Ankle Centers

Summer, 2008



Dr. Hosey Podiatrist of the Year

Dr. Thomas Hosey, DPM, was recently named the “Podiatric Practitioner of the Year” by the surgical residents of St. John North Shores Hospital. The surgical residents are members of the hospital’s residency program.

The Bare Foot facts

It’s summer and time to kick off your shoes, walk in the grass, or stroll across a sandy beach. But there are a few things to keep in mind before you go barefoot.

Two of the most common injuries caused by going barefoot are cuts and puncture wounds. Grass, sand and other surfaces can camouflage sharp objects such as broken glass, nails and sea shells. Protect your feet by wearing shoes at all times.

However, if you do get a cut or puncture wound from going barefoot, remember that medical treatment within the first 24 hours is important in order to avoid serious infection or other complications. Make an appointment with the physicians at Hosey Foot and Ankle Centers for a thorough cleaning and careful follow-up.

You wouldn’t grab a pot of boiling water with your bare hands? The summer sun can heat surfaces like sidewalks and sand to triple-digit temperatures, so wear some type of footwear all the time.

Do you stop at the ankles when applying sunscreen? Keep going. Feet can get a sunburn, too. Apply sunscreen to the tops and bottoms of your feet.

If you have diabetes going bare foot is a bad idea



Though sports like sand volleyball cry out for bare feet, it is far safer to wear athletic shoes that provide heel cushioning and arch support. If you do hurt your feet or ankles, you can reduce the pain and swelling by applying ice and pressure to the injured area, and elevating the foot. If pain and swelling persist, contact our offices.

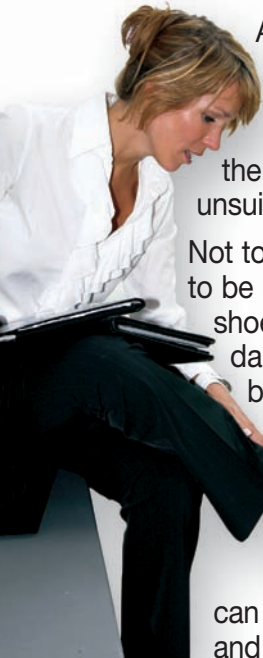
continued on page 3



Easing the agony of bunions

People rely on their feet to carry them an average of 70,000 miles in a lifetime. Along this journey each foot absorbs about 200 tons of force per mile. Yet most people ignore their feet unless they begin to hurt.

Statistics show that four out of five adults will suffer from some sort of foot problem in their lifetime, and one of the most common foot problems is bunions.



A bunion is a bony protuberance at the base of the big toe that angles the big toe toward the other toes. Heredity plays a big role in the cause of bunion deformities, but the condition is also caused by wearing unsuitable footwear.

Not too surprising is the fact that bunions seem to be more prevalent in women. Tight, ill fitting shoes such as high heels are particularly damaging to the toes and are the cause of bunions in about 90 percent of patients.

A bunion alters the mechanics of the feet and toes. Over time tendons begin to pull the toe into an abnormal position. As the inflammation worsens patients can experience pain when wearing shoes and walking.

In severe cases the big toe may eventually come to lie over, or more commonly, position itself under the second toe. This often causes further irritation while wearing shoes. The second toe of patients who have bunions commonly forms a hammer toe condition that will also require attention by the physicians at Hosey Foot and Ankle Centers.

Treatment options vary and depend on the severity of the bunion and the level of pain. Non-surgical or conservative treatments include wearing roomier shoes, using anti-inflammatory medications and reducing weight-bearing activities. If these treatments do not offer relief, then surgery is usually advisable.

Depending upon the extent of bunion surgery, the recovery period can last from six weeks to 2 months. Stitches are usually removed 12 to 14 days after surgery, and regular shoes can be worn in about six weeks. Patients can often resume daily activities within two to six weeks.

For more information about bunions contact the physicians at Hosey Foot and Ankle Centers.

Think you are too old to get your feet fixed? Think again

Sometimes people in their 60s, 70s and 80s will tell the physicians at Hosey Foot and Ankle Centers that they feel they are too old to bother getting their foot conditions treated. They could not be more wrong, says Dr. Thomas Hosey.

According to a survey conducted by the American College of Foot and Ankle Surgeons, people over the age of 65 who had foot surgery to correct painful foot problems were very happy with the results. "Most important they reported that they were more active than they had ever been prior to the surgery," Dr. Hosey says. "They were enjoying social and recreational opportunities. More than 95 percent of the patients said they would recommend surgery to their friends with similar foot problems."

A foot problem should not be allowed to keep you from getting the most out of life.

Many people shy away from considering foot surgery because they have heard stories from friends or relatives about difficult recovery periods from surgeries conducted many years ago. "With advances in surgical techniques and technologies, less-invasive procedures are now available that can have the typical patient back up on their feet in no time," says Dr. Hosey.

"A foot problem should not be allowed to keep you from getting the most out of life," Dr. Hosey adds. "You've worked hard and now you have the time to enjoy it. You owe it to yourself to make sure your feet are ready to take you where you want to go."



Please be on time for all appointments as a courtesy to other patients and the staff at Hosey Foot and Ankle Centers. Our practice depends on referrals from patients like you. Please let

your relatives and friends know that they can rely on Hosey Foot and Ankle Centers to take care of all their foot ailments. Take care of your feet, they support you all your life.



Travel tips to help prevent Deep Vein Thrombosis

If you like to travel, there is no better time to take out your lust for wandering than the summer. Dr. Jennifer Somers reminds patients that while they are riding in the car or traveling by plane they should take the time to stretch their legs to help prevent a serious condition known as Deep Vein Thrombosis (DVT).

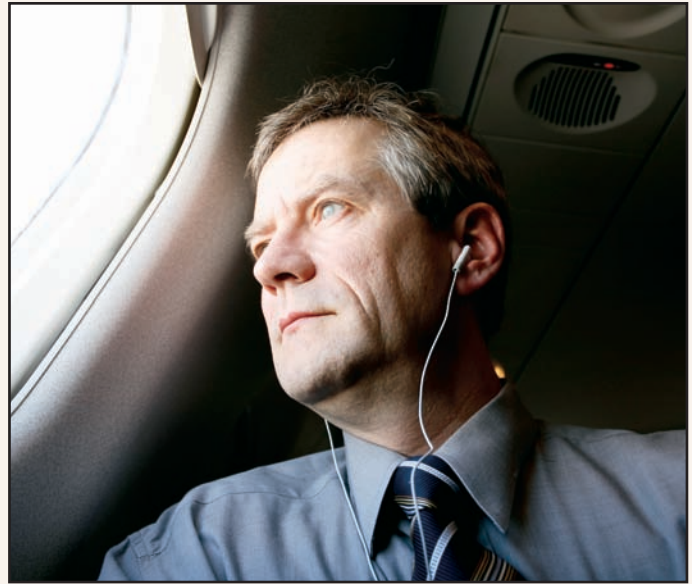
“DVT is a condition in which a blood clot forms in a vein located deep within the leg,” Dr. Somers says. “These clots most commonly occur in the veins of the leg, but they can also develop in other parts of the body. If the clot breaks loose and travels through the bloodstream, it can lodge in the lung.”

This can be especially dangerous, Dr. Somers says, because the blockage in the lung, called a pulmonary embolism, can make it difficult to breathe and may even cause death.

Certain people are more at risk than others for developing DVT. Some examples of risk factors include varicose veins, blood clotting disorders, pregnancy or recent childbirth, obesity and heart disease. People over 40 years old, those who have had recent surgery, or those who are immobile through inactivity or wearing a cast are also more at risk for DVT.

“Some people with DVT in the leg have either no warning signs at all or very vague symptoms. If any of the following warning signs or symptoms is present, it is important to make an appointment with our office for an evaluation,” Dr. Somers advises.

- Swelling in the leg.
- Pain in the calf or thigh.
- Warmth and redness in the leg.



Some people with DVT in the leg have either no warning signs at all or very vague symptoms

If you have risk factors for DVT and plan on taking a long trip this season, follow these tips to reduce the likelihood of developing a blood clot.

- Exercise legs every 2 to 3 hours to get the blood flowing back to the heart. Walk up and down the aisle of the plane or train, rotate ankles while sitting, and take regular breaks on road trips.
- Stay hydrated by drinking plenty of fluids, avoiding caffeine and alcohol.
- Consider wearing compression stockings.

The Bare Foot facts *continued from page 1*

Plantar warts caused by a virus, and fungal infections such as Athlete’s Foot can be painful and annoying. Although it’s difficult to protect your feet from being in contact with the virus and fungus when at the pool or in a locker room, proper hygiene will help prevent them from causing problems. Thoroughly wash feet with antimicrobial soap after a day at the pool, and then dry them completely, especially in between the toes.

Finally, if you have diabetes going barefoot is a bad idea. Diabetes causes numbness in the feet, often making it impossible for the patient to feel a cut or bruise. Any type of skin break on a diabetic foot has the potential to get infected and ulcerated. Diabetics should always wear shoes, and remove them periodically to check for foreign objects like pebbles and sand that can cause sores, ulcers and infections.



Thomas C. Hosey
DPM, FACFAS

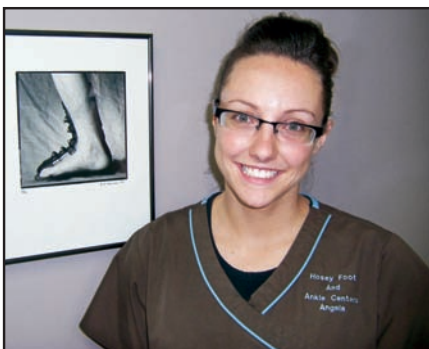


Jennifer L. Somers
DPM



A caregiver at heart

Angela Osborne is a caregiver at heart. A medical assistant at Hosey Foot and Ankle Center, Angela is a calming influence for patients in the examining and medical procedures rooms.



Her medical assistant duties include being on hand for surgeries, taking X-rays and providing general patient care. The 21-year-old attends Macomb Community College's associate's

degree program in nursing and plans to later enroll in a bachelor's nursing program at either Wayne State University or Oakland University.

"I have always been a people person," Angela says. "I enjoy talking to patients and learning about their lives. Our conversations often put patients at ease during medical procedures, and I think they appreciate that little bit of extra care at the clinic."

Angela's care giving instincts come from her father who served as an Army nurse and following his retirement now works at a Veterans Administration Clinic in Ohio. Born in Tennessee but raised in Ohio, Angela attends church regularly where she is on the choir and also serves as a Sunday school teacher.

Less than a year from now she plans on marrying Joel Blaszyk who she met at church. She knew he was the right match when she learned that Joel's mother, aunt and brother were all nurses. A match made in heaven.

Rachel Hosey to wed



Mary Ann and Dr. Thomas Hosey are pleased to announce the upcoming marriage of Rachel Hosey to Michael Bruchanski. The wedding ceremony will be held this summer at the Cathedral of the Most Blessed Sacrament in Detroit.

You may remember Rachel as she is Dr. Hosey's oldest daughter who worked at the clinic on Garfield during her summers while attending Michigan State University. She graduated in 2003 with a degree in hospitality management. Her fiancé is a graduate of Emory Riddle and Villanova Universities holding a masters degree in aeronautical engineering. They will continue to live in California following the wedding.

Two locations to serve you
Clinton Township (586) 263-4411
Mount Clemens (586) 468-5445

Please inform us Help us update your medical history by informing us of any medical changes (no matter how big or small) as well as new home and work phone numbers, address, insurance, etc.