

FOOT NOTES

Hosey Foot and Ankle Centers

Summer 2010

Fit feet for summer

With summer on the horizon, we are all looking forward to warming up our bodies for increased activity levels. To make sure that your feet are fit for the upcoming season, the physicians at Hosey Foot and Ankle Centers offer the following suggestions.



- When starting a new exercise routine, or when ramping up your current one, make sure to ease into that new routine. Stretching before exercising is one way to make sure you are warmed up and ready to go.

- Consider purchasing new shoes for your new

level of activity. It's important to have your feet measured, and then choose an athletic shoe that fits your sport. Make sure to break in any new gear appropriately, and ask your podiatric physician for recommendations for your particular needs.

- Take care of your feet. Examine them daily for signs of blisters, corns and ingrown nails. Take a few days off your new activity if you see signs of any of these problems.

- **Visit our offices periodically to discuss your foot and ankle concerns or just for a check-up before starting a new routine.**

- Watch your sun exposure. As the weather improves and our feet are more exposed, it's important to remember sun screen. The tops of feet are one of the most commonly sunburned areas.

Summer is a great time of year for renewal and outdoor fun but don't let your over eagerness get the best of you. Take the time to enjoy and take care of two very important assets—your feet.

Myths and Facts about summer foot care



To sort the myths from the facts about your feet and summer care, Dr. Thomas Hosey of Hosey Foot and Ankle Centers offers this information about your tootsies with one recommendation, always check with Dr. Jennifer Somers or Dr. Hosey before starting any treatment.

Myth: Flats, flip-flops and going barefoot are good for your feet.

Fact: Flip-flops provide no support, which can cause plantar fasciitis, ankle sprains and tendonitis. Wearing flats can lead to severe heel pain and blisters, crowding toes and conditions such as hammertoes and bunions. Walking barefoot leaves feet open to cuts, scrapes, bruises and puncture wounds along with skin issues or nail injuries. Flip-flops and flats are fine for a few hours, but you should periodically stretch your Achilles tendon if you plan to wear them longer than that. Save walking barefoot for around your own home.

Myth: Feet don't need sunscreen.

Fact: Skin cancer on the legs and feet actually has a high mortality rate due to people forgetting to do skin checks on that area. It's often caught too late. Apply sunscreen to the feet every two to three hours with an SPF of at least 15 with both OVB and UVA protection. Apply more often if you are going to the beach, in and out of the water, or sweating.

continued on page 3



Patients receive custom fit orthotic thanks to DeRhonda Robb

If you have not met head medical assistant DeRhonda Robb, you are not alone. That's because the long-time employee at Hosey Foot and Ankle Centers is busy



with the meticulous work of fabricating custom-made orthotics for patients.

Custom made orthotics go into your shoes to help correct many types of foot disorders.

They provide support,

correction and/or cushion to improve foot performance and comfort. Because of their importance to the wellbeing of a patient's foot, orthotics must be made to exacting specifications and dimension. That's where DeRhonda's expert services come into play.

"I was trained as a medical assistant at Hosey Foot and Ankle Centers and appreciate the true professionalism of the entire staff," DeRhonda says. As head medical assistant, she also orders medical supplies and oversees the work and schedule of the practice's other medical assistants.

Each orthotic is measured and fitted for the patient by the physicians at Hosey Foot and Ankle Centers. DeRhonda's job includes transferring measurements to a plaster mold that is then used to create the finished product.

"It is a challenge building orthotics to the correct measurement for the patient," DeRhonda says. "On average I prepare about 25 to 30 pair of orthotics a week."

When not on the job DeRhonda enjoys quality family time. They especially enjoy vacationing in Tennessee where the people are friendly and southern hospitality abounds.

"I can't say enough about the professionalism of the staff," DeRhonda says. "We all work well together and it's a happy environment that I think patients can sense and appreciate."

Patients raise \$600 for a pair of distressed local families

More than \$600 was raised at this year's Patient Appreciation Dinner for a pair of local families in economic distress.

More than 300 patients and family members who attended the dinner at the Mirage Banquet Center raised the funds in a 50/50 raffle. Both families are now being helped by the state, but earlier in the year their need was critical. Both the mother and father in one of the families were unable to work. The mother has a heart condition, and the father was wheelchair bound due to an automobile accident. They have two children, eight and four, and at the time were without electricity and water. The \$300 raised helped restore the utilities and purchased some food until state assistance took over.

The second family involved purchasing food for a mother and her child forced to live in their automobile after losing their apartment. The family is also now receiving state assistance, but the \$300 raised by patients came just in time to avert an even more desperate condition. "The funds we raise at the Patient Appreciation Dinner have helped a number of families since we began holding the dinner," says Dr. Thomas Hosey. "The amount we raise is not great, but it goes a long way to restoring a level of dignity on the part of these families that is lost through no fault of their own."



Warm weather foot care for women... and men, too

During the summer, a woman's feet are just as important as her hair, makeup and clothing. A great outfit can be ruined by ungroomed feet peeking out from her sandals.



Year round foot maintenance is always recommended, but if feet have been neglected during the winter months, now is the time to get them in shape. Here are some foot care tips to keep a woman's feet looking good. As a matter of fact, these recommendations are really just as applicable to men, so take note.

Keep Feet Clean During Summertime

Dirty feet are unhealthy. Walking around the mall or the kid's ballgame in sandals sabotages the morning shower. Wash feet regularly to remove the dirt and grime.

Attend to Dry Feet, Cracked Heels and Discolored Toenails

Wearing closed shoes during the winter can create calluses, dry skin, athlete's foot and foot fungus. Summertime is a good time to make an extra effort to get the feet healthy again and start a maintenance routine.

- **Soak feet** for 10 to 15 minutes as often as possible in a pedicure tub. For extra moisture and therapeutic healing, add 1 cup of honey, ¼ cup olive oil or medicated solution to the water. Honey is a natural antiseptic and can help cracked heels.
- **Exfoliate feet** twice a week with a pumice stone and foot scrub. Most scrubs can be massaged onto wet or dry feet depending on treatment required.
- **Repair cracked heels** using over the counter treatments such as wraps and lotions. If your cracked heels persist, you should make an appointment with the physicians at Hosey Foot and Ankle Centers. Cracked heels could be the result of a more serious medical condition.

• **Treat toenail fungus** by first visiting either Dr. Jennifer Somers or Dr. Thomas Hosey. A nail fungal infection may begin as a white or yellow spot under the tip of your fingernail or toenail. As the nail fungus spreads deeper into your nail, it may cause your nail to discolor, thicken and develop crumbling edges. Our physicians can prescribe an oral antifungal medication or topical medication.

Myths and Facts about summer foot care continued from page 1

Myth: *It's best to trim your toenails straight across.*

Fact: Doing this and cutting them too short can lead to ingrown toenails, a true danger for diabetics. Untreated ingrown toenails can lead to infection and possibly an abscess requiring corrective surgery. Leave the nail slightly longer, trimming along the natural curve of the toe.

Myth: *Soaking your feet in vinegar clears up toenail fungus.*

Fact: Vinegar can not penetrate the layers of the nail to get to the infection site. Without proper treatment, the infection can actually spread to other nails. See the physicians at Hosey Foot and Ankle Centers so they can perform a culture to determine if it is definitely a fungal infection and follow their instruction to avoid a recurrence.



Myth: *Athlete's foot and warts are not contagious.*

Fact: Both are highly contagious and easily spread in environments such as locker rooms or showers. They are often picked up through small breaks in the skin of the foot bottom. Keep your feet clean and dry, don't wear dirty socks and thoroughly clean your bath or shower area.



Thomas C. Hosey
DPM, FACFAS



Jennifer L. Somers
DPM



The benefits of a periodic pedicure far outweigh the cost



Summer is just around the corner, and so will be people wearing short-sleeve shirts, tank tops, shorts and sandals.

People are dieting and working out getting

their abs tight and

their biceps and triceps ready to be shown off.

Some will also be off to get a pedicure to ensure that their feet look good in those sandals.

But why a pedicure? According to Dr. Jennifer Somers of Hosey Foot and Ankle Centers, a pedicure is a great way to offset the affects of daily life on your feet. During a typical day the feet endure a cumulative force of several hundred tons of wear

and tear. The average person walks about four miles a day or 115,000 miles in a lifetime. When someone engages in strenuous activities, the miles increase.

“Pedicures can be a good way to help keep your feet healthy,” Dr. Somers says. “The rest of your body will not feel good if your feet don’t.” A typical pedicure cleans feet, provides nail care and foot massages and if you have foot problems, a pedicure can be very therapeutic.

Here are some things to consider when receiving a pedicure. All instruments should be new or sterilized in between uses to prevent the spread of fungus or diseases. If you are not sure that the instruments are sterile, ask.

Dr. Somers says a pedicure should consist of soaking the feet, clipping and filing the nails, pushing the cuticles back, removing dead skin, applying lotion, a deep intense massage, and polish if desired. Toenails should not be cut too short to help prevent ingrown toenails.

If you have your toenails polished, avoid the use of acrylics. “Toenails need to breath and applying acrylic suffocates them and can lead to numerous problems,” she says.

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