

FOOT NOTES

Hosey Foot and Ankle Centers

Fall 2011

New Office Circulation Test can Diagnose PADS

A new circulation test conducted in the offices of Hosey Foot and Ankle Centers can provide important diagnostic information about PAD or Peripheral Arterial Disease. The new testing procedure is tied into St. John Hospital's Heart and Vascular Center.

PAD develops when your arteries become clogged with plaque—fatty deposits that limit blood flow to your legs. Just like clogged arteries in the heart, clogged arteries in the legs mean you are at risk for having a heart attack or stroke.

“Plaque buildup in the legs does not always cause symptoms, so many people can have PAD and not know it,” Dr. Hosey adds. “People who do experience symptoms, such as pain or cramping in the legs, often do not report them, believing they are a natural part of aging or due to another cause.”

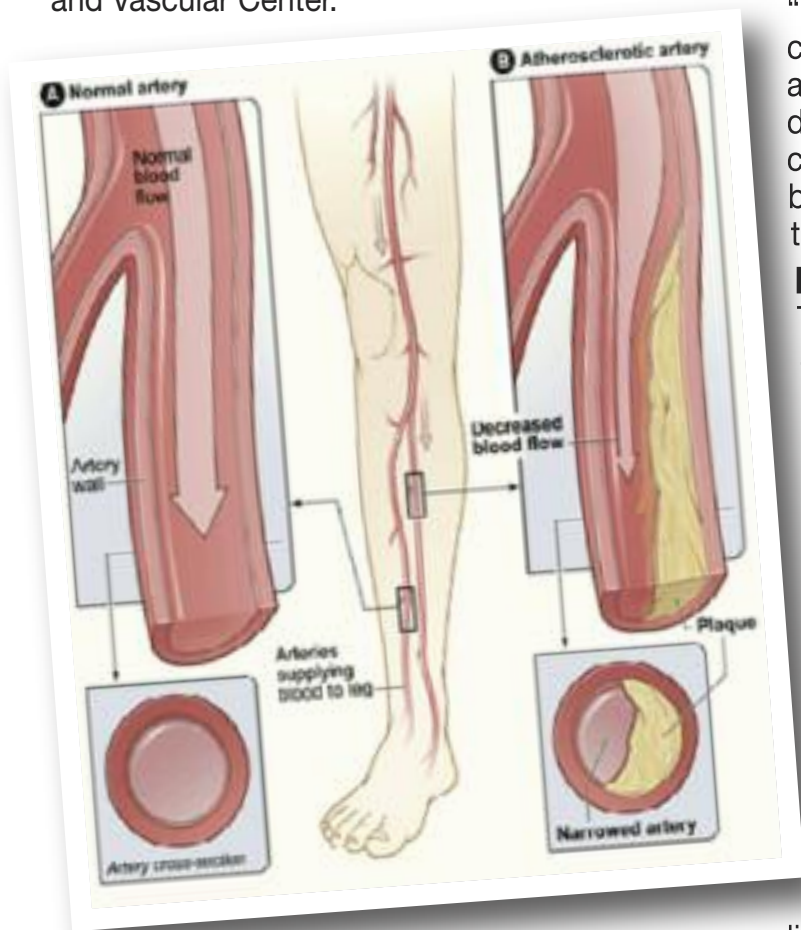
Is PAD serious?

The hardened arteries found in people with PAD are a sign that they are likely to have hardened and narrowed arteries to the heart and the brain. That is why people with PAD are at high risk for having a heart attack or a stroke.

When the blood flow to the legs is severely reduced, people with PAD may have pain when walking. PAD may cause other problems that can lead to amputation. People with PAD may become disabled and not be able to go to work. As time goes on, they may have a very poor quality of life.

“The good news is that PAD is treatable and that our office circulation test can start patients on a sound treatment plan,” Dr. Hosey says. “Often treatment can include making lifestyle changes, taking medicines, or, in severe cases, having endovascular or surgical procedures, if needed.”

For more information about PAD or the in-office testing procedures make an appointment with the physicians of Hosey Foot and Ankle Centers.



“The non-invasive test is an important precaution to accurately diagnose a disease that affects one in every 20 Americans over the age of 50,” says Dr. Thomas Hosey, DPM, of Hosey Foot and Ankle Centers. “PAD is a condition that raises the risk for heart attack and stroke.”



Receptionists Jennifer and Rachel will greet you with a smile

Visit any of the clinics at Hosey Foot and Ankle Centers and two of the first people you will probably meet are receptionists Jennifer Kuligowski and Rachel Steffens.



Jennifer Kuligowski

Jennifer works out of the Clinton Township and Sterling Heights clinics. She holds an associate's degree in Applied Science from

Baker College and is a certified massage therapist. Her massage therapies include traditional massage, energy healing and hot stone therapy.

A caregiver by nature, Jennifer lives with her grandmother in Shelby Township. "I enjoy taking care of her because she took care of me and this is my way of paying her back," Jennifer said.

Jennifer has the same attitude at work. "The physicians and staff are my work family and we all work hard to take care of each other," she said. Her varied duties include taking appointments, logging prescription requests, verifying insurance coverage and passing on patient questions to Dr. Thomas Hosey and Dr. Jennifer Somers.



Rachel Steffens

Outside of work she mostly enjoys horseback riding and walking her basset beagle mix named Riley. She loves animals of all sizes.

Rachel has a similar care giving story. She has cared for her 86-year-old grandfather for the past four years who is recuperating from recent throat cancer surgery. "He helped me out my whole life so I am grateful I can help him now," Rachel says.

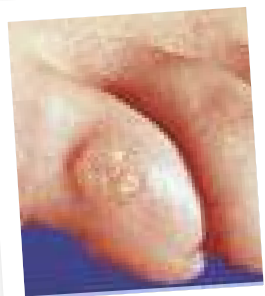
Rachel joined the practice almost a year ago after working in urgent care, family practice and physician offices for the past eight years. She is working toward an associate's degree at Macomb Community College.

A single mom with a six-year-old son named Devin, Rachel devotes her spare time helping her son with homework, visiting the library and organizing play dates with friends and family.

"The staff is great to work with and Dr. Hosey and Dr. Somers treat everyone with trust and respect," Rachel says. "The longer I am here the more I get to know the patients and better anticipate their needs and questions. That's what a good office is all about."

Call Your Physician at Hosey Foot and Ankle Centers if You Suffer from Foot Corns and Callus

Corns and callus are one of the most common problems seen by the physicians at Hosey Foot and Ankle Centers. They can occur on any part of the foot and vary in symptoms from a mild callus under the foot, to an infected ulcer that can develop under a corn on a toe.



What are foot corns and callus?

A corn or callus is thickened skin that occurs in areas of

pressure. They are actually a normal and natural way for the body to protect itself. For example, callus develops on the hand when chopping a lot of wood – it's a normal way for the skin to protect itself. In the foot, the skin will thicken up to protect itself when there are areas of high pressure. The problem occurs when the pressure continues, so the skin gets thicker and eventually becomes painful.

Soft corns typically develop between the fourth and fifth toes when one of the toe bones is slightly too wide, causing friction in between the toes. Tight-fitting shoes aggravate this problem.

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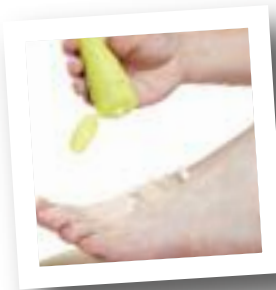


Some Tips from Dr. Thomas Hosey to Keep Your Feet Healthy this Winter

As we store our sandals and other airy summer shoes for winter, many of us are probably not thinking about how we can adjust to colder weather shoes and boots for the upcoming seasons. Dr. Thomas Hosey, DPM, advises his patients that it is critically important to keep feet dry in cold weather. "Feet tend to sweat more when they are enclosed in warm socks and boots," he says. "Your feet in winter are especially vulnerable to fungal infections or dryness."

Here are a few tips to follow that Dr. Hosey says will help keep your feet healthy this winter.

- Moisturize the foot at least once or twice daily.
- Don't use hot water to clean, as hot water dries your foot. Always use warm water, pat to dry and apply moisturizer.
- Don't moisturize the area between toes or nails as it may lead to further infection, as fungus



loves a moist or damp environment.

- Add some moisturizing lotion or baby lotion to warm water and wash your feet daily.
- Make sure all dead skin is removed from your feet. You can also pumice your feet weekly.
- If your foot cracks, apply a petroleum jelly-style product or cocoa butter and wear socks before bed.
- Always wear loose shoes or well fitting shoes as tight shoes might further contribute to cracks.
- If the cracks begin to bleed, apply antibiotics and cover with a bandage to prevent infection, and make an appointment with the physicians at Hosey Foot and Ankle Centers.

Dr. Jennifer Somers' cold weather advice for diabetics

With temperatures soon going into the single digits in Michigan, keeping your feet warm can be difficult. For most people, cold toes and feet are nothing more than just that and can easily be remedied.

But for anyone with diabetes, Dr. Jennifer Somers, DPM, says cold toes and feet can be dangerous and lead to much more severe problems. In addition, common foot warming techniques are not appropriate for diabetics, especially those with neuropathy.



"Warming your feet in front of the fire or in a bowl of warm water, for example, can lead to burns if you suffer from any neuropathy," Dr. Somers says. An estimated 60 to 70 percent of people with diabetes have neuropathy, a disease of the nerves that desensitizes the feet to pain, heat and cold. While diabetic neuropathy rarely hurts the nerves of the brain or spine, the nerves in the rest of the body are fair game.

So what is a diabetic to do? "The last thing you want is frost bite or poor circulation as a result of frozen toes," Dr. Somers says. "The key thing is to find ways to warm your feet in which you can safely control the temperature

your feet are exposed to."

If you want to warm them in a bowl of warm water, always test the water with a thermometer or your elbow first. But don't soak them for too long as this can cause dryness and cracks.

Never warm your feet in front of a fire or radiator. Instead, you can rub a light moisturizer on your feet, massaging them and increasing the circulation which will help to warm them.

Wear warm thick socks, preferably wool which insulates well and wicks away any moisture. Be sure to choose socks that are loose fitting and without tight elastic around your ankles or calves and socks without seams to avoid blisters.

"If you are going outside, a good pair of lined winter boots is a good choice," Dr. Somers says. "And always wear socks with them. If your feet get wet from ice and snow, remove your wet socks and shoes immediately, dry your feet gently but thoroughly and put on a pair of dry socks and shoes or boots."

Check your feet daily, especially after being outside and exposed to the cold, paying particular attention to any changes in color and shape, cuts, red spots, swelling and infected toenails. If you notice anything unusual, contact your doctor immediately. And invest in a good pair of warm slippers to wear around the house. They will both warm your feet and make walking more comfortable.

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Thomas C. Hosey
DPM, FACFAS



Jennifer L. Somers
DPM

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586.275.3000

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Call Your Physician at Hosey Foot and Ankle Centers if You Suffer from Foot Corns and Callus

People with normal toe bones can also develop soft corns. This condition is especially common in women who wear high-heeled shoes with narrow, tapering toe boxes. These shoes shift the body's weight to the front of the foot and often do not provide enough room for the toes.

Prevention of foot corn

Avoiding friction-causing activities can usually prevent corns and calluses. You must wear shoes that fit properly, are activity-appropriate, and are kept in good repair. Socks and stockings should not cramp the toes. It is best to shop for shoes late in the day, when feet are likely to be swollen. It is also important to buy shoes with toe-wiggling room and to try new shoes on both feet.

Methods to treat foot corns

Severe or persistent corns are best treated by the physicians at Hosey Foot and Ankle Centers. Persons with diabetes and circulatory diseases should never treat a corn themselves, as their risk of infection is much greater.

Many acid preparations are available for reducing corns and calluses, but these can be more harmful than helpful, because the bony prominences of the toes have such thin coverings. Acids should not be used by diabetic patients and are not advisable for individuals with impaired sensation or for the elderly with thin skin.

Proper treatment for corns starts with a podiatric examination of the problem and regular maintenance to keep the corn or callus reduced in size. Your physician may prescribe the use of padding between the toes and other areas of the foot to alleviate pressure on the foot. Proper fitting of footwear and possibly the use of orthotics to relieve the pressure under the foot may also be advised.

Hosey Foot and Ankle Centers also provides a simple in-office surgical correction that only takes 15 to 20 minutes with little to no downtime. If you have any questions please call the Hosey Foot and Ankle Centers.

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Dr. Jennifer Somers' cold weather advice for diabetics

It's easy to pack on a few pounds during the winter months when exercise and activity is more difficult, but this can wreak havoc with your glucose levels and of course put more weight on your feet. So, plan ahead. Schedule an indoor exercise class, swimming, cycling

or yoga and be sure to wear protective athletic shoes that fit well and provide good support.

Take care of yourself during the cold months so that you are healthy and in good shape, ready to embrace and enjoy the warmer weather when it arrives!