

FOOT IN NOTES

Hosey Foot and Ankle Centers

Fall 2012

Dr. Ryan M. Murphy joins the staff at Hosey Foot and Ankle Centers

Dr. Ryan M. Murphy is the newest addition to the doctor's staff at Hosey Foot and Ankle Centers. Dr. Murphy received his undergraduate degree from Miami University in Oxford, Ohio in 2005 and his graduate degree from the Rosalind Franklin University's Scholl College of Podiatric Medicine in Chicago in 2009. He served his residency at Oakwood Hospital and Medical Center in Dearborn, Michigan.

"I joined Hosey Foot and Ankle Centers because of the professional medical staff, excellent patient care and the most up-to-date equipment available," Dr. Murphy said. He can be found at all three clinics working closely with Dr. Thomas Hosey to learn about the practice's procedures and high level of patient care.

"I became a podiatrist because I enjoy the variety of care I can administer ranging from basic medical treatments to surgery," Dr. Murphy said.

He and his wife Michelle have a one-year-old daughter Abbey and are currently looking for a home in Macomb or Oakland counties.

Diabetic neuropathy can be a silent threat to your foot health



Dr. Ryan M. Murphy has joined the staff at Hosey Foot and Ankle Centers.

"Michelle is a speech pathologist but now stays home with Abbey as a new mother," Dr. Murphy said. "We are fortunate to have that kind of flexibility in our lives and I am looking forward to providing the level of care patients expect at Hosey Foot and Ankle Centers."

Diabetic neuropathy is a common complication of diabetes often seen in many diabetic patients at Hosey Foot and Ankle Centers. Not only do diabetics experience poor circulation, they also become prone to decreased sensation in the feet because of restricted blood flow.

"A major danger of diabetic neuropathy is that the patient loses the sensation of pain in the feet because of damaged nerves," says Dr. Thomas Hosey. "That results in foot injuries that are sometimes not even detected by the patient for some time. Something as simple as a pebble in the shoe will hurt a normal patient. For a diabetic this condition may go unnoticed and eventually result in severe damage to the foot."

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Major will grab your attention at our Garfield clinic

If you've been a patient at Hosey Foot and Ankle Center's Garfield clinic, you may have had the opportunity to meet Major Leh. Now Major may not be a military man, but it's been said he works with the concentration of a General.

The brother of Dr. Thomas Hosey's wife, Mary Ann, Major was born with Down's syndrome. He performs a wide variety of administrative jobs at the clinic every Thursday. Major still lives with his parents only a couple of miles from the home of Mary Ann and Dr. Hosey. Both households have worked together to create a stable, loving home life.

Major is often the center of attention at the clinic. The entire staff offers a helping hand when needed, but they recognize that he has the skills and attention to detail to get the job done right. They also know Major has an eye for the ladies. "Everyone loves him at the clinic," Mary Ann says. "I think Dr. Somers is his favorite and she knows it."

Major likes to give people nicknames, and Dr. Hosey and Mary Ann are no exceptions. Dr. Hosey is known as Dr. Banner after the main character in the Incredible Hulk, while Mary Ann is dubbed Wonder Woman. "I'm not sure why he chose those names for us, but we both kind of like it," Mary Ann says.

"Major really looks forward to working at the clinic every week," she adds. "He's always ready to go in the morning, and is really disappointed if for some reason his work day is cancelled."



Major, third from right seated, celebrates his 51st birthday with entire staff at Hosey Foot and Ankle Centers

Does Major get paid? Of course. His pay for the day by his choosing is 20 bucks and lunch with Dr. (Banner) Hosey. "Major is very particular about how he is paid," Dr. Hosey says. "His pay cannot be 2 tens, or 4 fives. It has to be a single 20 dollar bill. That is what he wants, and that's what he gets."

Major may seem like an unusual name. "He was such a fan of the television series 'I Dream of Genie' that he wanted to be called Major after one of the characters, and it stuck," Mary Ann recalls. "I can't imagine our family without a Major to bring us all together."

Diabetic neuropathy can be a silent threat to your foot health

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There are a number of ways that diabetes damages the nerves, but they all seem related to blood sugar being too high for a long period of time. It's important to keep blood sugar levels under control so not to further the damage to your feet.

Early stages of diabetic neuropathy can be controlled with medications. This condition, if left unattended, can progress into foot ulcers and sores, a general breakdown of the skin, and foot amputation in the most severe cases.

Rarely, other areas of the body such as the arms, abdomen, and back may be affected.

Symptoms of diabetic neuropathy may include:

- **Tingling**
- **Numbness (severe or long-term numbness can become permanent)**

- **Burning (especially in the evening)**
- **Pain**

One of the more advanced complications of neuropathy is when the joints of the foot begin to break down. This is known as Charcot's joint disease. Although it occurs in only a small percentage of the diabetic population, it is a debilitating condition that needs to be treated aggressively if amputation is to be avoided.

To help prevent the complications of peripheral neuropathy:

- **Examine your feet and legs daily.**
- **Apply lotion if your feet are dry.**
- **Care for your nails regularly (Go to our clinics if necessary).**
- **Wear properly fitting footwear and wear them all the time to prevent foot injury.**



From summer bare feet to back-to-school shoes

Now that parents are investing in back-to-school items and cool weather shoe styles, the transition from flip-flops and bare feet to standard shoes becomes a reality for most youngsters. The physicians at Hosey Foot and Ankle

toenails during the fall and winter seasons and most often it is caused by incorrectly fitted shoe gear.

“An ingrown toenail happens when a piece of toenail, usually on the big toe, grows into the adjacent skin resulting in pain and sometimes infection,” says Dr. Jennifer Somers. “The spike in the number of patients we see with this condition in the fall and winter suggests that the confines of ill-fitted closed shoes are most often the culprit.”

inside of the shoe, eventually resulting in an ingrown toenail.

“A few tips in buying a well fitted shoe include having your children’s feet sized correctly before trying on shoes,” Dr. Somers says. “Be sure there is a snug fit in the back and mid-shoe to control shifting of the foot while walking.

“There should also be a small amount of space between the front of the shoe and the tip of the big toe...about a quarter of an inch in length. Follow these tips and the likelihood of an ingrown toenail is greatly reduced.”

In a closed shoe such as a sneaker that is too tight or loose, the big toenail can get pressed against the



Centers notice every year that there is a slight increase in the number of children with ingrown

Achilles injuries: The Achilles Heel of our Olympians and you

You might not think you have much in common with our 2012 Summer Olympians. But nothing could be further from the truth.

Foot and ankle injuries are as common an occurrence for professional athletes as they are for weekend warriors and those who enjoy regular exercise

programs including walking, machine-assisted workouts, and even jazzercise, zumba and yoga.

Dr. Thomas Hosey sees many patients who suffer from this condition. He is especially concerned about injuries to the Achilles tendon since they can often be hard to treat and take a long time to heal. “The Achilles tendon is the largest tendon in the human body and can withstand forces of 1,000 pounds or more,” he says, “but it is also the most frequently ruptured tendon in the body.”

Achilles tendonitis can be caused by hill running and

stair climbing, overuse resulting from the natural lack of flexibility in the calf muscles, resuming running too quickly following a lay off, or trauma caused by sudden and hard contractions of the calf muscles.

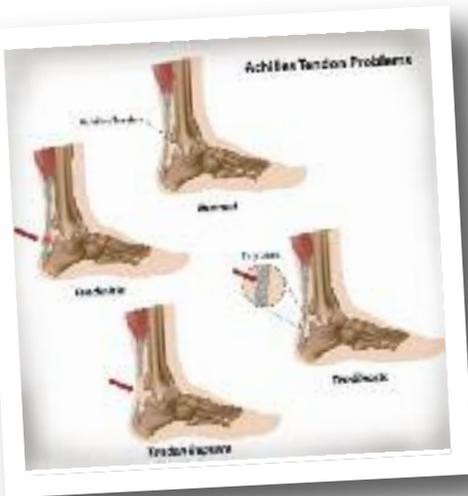
Achilles tendonitis often begins with mild pain after exercise or running that gradually worsens over time.

Other symptoms include recurring localized pain that can be severe, morning tenderness above the heel bone, mild or severe swelling and an initial stiffness in the tendon that may diminish as you warm up.

Dr. Hosey says treatments for this condition can vary. “We can apply specially designed bandages that restrict motion in the tendon,” he says. “Other treatments include anti-inflammatory medication and the use of orthotic devices such as heel pads and shoe inserts that help support the muscle and relieve stress on the tendon.

“I also advise patients to switch to other exercise programs such as swimming that does not stress the tendon, and regular stretching, massage and strengthening.” In extreme cases Dr. Hosey can perform surgery that removes fibrous tissue and repairs any tears.

If you are experiencing any of these symptoms please call the physicians at Hosey Foot and Ankle Centers and arrange for an appointment.



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Three convenient locations to serve you!

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Rotary Divers express their thanks to the Grand Turk Islands



Grand Turk Island is a better place today thanks to the efforts of the International Fellowship of Rotarian Scuba Divers. Dr. Thomas Hosey and his wife Mary Ann recently returned from a dive trip to Grand Turk Island in the West Indies.

But before leaving, the dive organization contributed more than \$3,300 to various non-profit organizations on the island to improve living conditions for local residents.

“Grand Turk offers some of the most enjoyable diving conditions in the northern hemisphere,” Dr. Hosey says. “The reef conditions there are wonderful and well protected by the local government and environmental groups and that’s why we always like to help when visiting.”

The dive group donated \$1,100 to the Turks and Caicos

Reef Fund for the further preservation of the reefs which are in danger in many parts of the world. Another \$1,100 went to the Turks and Caicos National Museum that encourages visitors to explore the island’s culture and history. It is solely funded by visitors and local donations. It is considered one of the “best little museums in the Caribbean” and is often called a “little gem” by travel blogs.

Finally, the dive group gave an additional \$1,100 to the local chapter of the Humane Society International to support the island’s animal welfare programs. “In the past we have noticed numerous stray dogs running throughout the island and we hope our monies will be well spent to better control this situation,” Dr. Hosey says. “As members of the International Fellowship of Rotarian Scuba Divers we share the privilege of being able to take advantage of host countries around the world when visiting their waters.

“Consistent with the purpose of Rotary, whenever our group visits a dive destination, we strive to leave something behind in thanks for the hospitality we receive,” Dr. Hosey adds.