

HOSEY FOOT & ANKLE CENTERS



Summer

FOOTNOTES

2018

Geriatric foot care is a comfort in life

As the average lifespan increases, so does stress on your feet. "The average American now lives 30 years longer than those born in the early 1900s," says Dr. Ryan Murphy of Hosey Foot and Ankle Centers. "That means three decades of additional wear and tear on the feet.

"To live a useful life patients need to maintain their mobility because it is vital to an independent lifestyle," he adds. "Foot ailments can make that much more difficult. The good news is that most ailments are successfully and often easily treatable."

The human foot is the "mirror of health"

The podiatrists at Hosey Foot and Ankle Centers are often the first physicians to see signs of diabetes, arthritis, and circulatory disease in the foot.

Symptoms of these health issues that can be found in feet include:

- dry skin
- brittle nails
- burning and tingling sensations
- feelings of cold, numbness, and discoloration

Any of these symptoms can lead to knee, hip, and lower back pain that undermine mobility.



Pain in the feet is not normal

Pain in your feet is never 'normal' and patients should never remain in pain with long-term foot problems," Dr. Murphy says. With age feet tend to spread, and lose the fatty pads that cushion the bottom of the feet. Additional weight can affect the bone and ligament structure.

"It's important to observe preventive foot care as it can increase comfort and reduce the need for additional foot treatments," says Dr. Murphy. To make an appointment call 586-263-4411.

HOSEY FOOT & ANKLE CENTER Spa



At Hosey Foot & Ankle Centers, we care for all of our patients like family and friends. Our goal is to provide the most comprehensive care for effective treatment and healing, including specialty foot products

Our Foot Shop is located at our Clinton Township location.
42550 Garfield Road, Suite 103, Clinton Twp, MI 48038
Our store has everything you need.



For more information, visit:
www.HoseyPodiatry.com

Pregnancy and foot swelling go hand-in-hand

“Women sometimes have a difficult time relieving the inflammation of fluid buildup in the feet,” says Dr. Kristen Patterson of Hosey Foot and Ankle Centers. “Often the swelling can gradually subside after the pregnant women rests or massages her feet.”

Above all do not reduce your liquid intake thinking that will reduce the swelling, she adds. “Your body and your baby need at least eight 8-ounce glasses of water a day as this helps rid your body of toxins,” Dr. Patterson says.

Orthotic shoe inserts, support stockings and massage can help mild swelling in the feet, but heavy swelling can be a serious matter. “In some cases, swollen feet can signal pregnancy-induced high blood pressure,” Dr. Patterson adds. That’s why it is important to make an appointment with any of the physicians at Hosey Foot and Ankle Centers if you have severe swelling in your feet, face or hands, sudden weight gain, vision changes or headaches. Call 586-263-4411 for an appointment.

Here are some other foot care tips for pregnant women:

- Avoid excessively warm places. This is an important reminder, since high temperatures may lessen the body’s water content.
- Keep a healthy and well-balanced diet. Pregnant women can gain up to twenty pounds in blood and fluid volume alone. These fluids can pool in your feet if you stand or sit for long periods of time, so get moving! Walking will help extra blood and fluids go back up to your baby, where they belong.
- Wear appropriate footwear. Pack away your stiletto pumps and platform heels until after your baby comes. Wear athletic shoes to work and as much as you can. Save dress shoes for when you really have to wear them. Shoes with a wide base at the ball of the foot and as low a heel as possible for better stability are ideal.
- Exercise regularly. This is the best remedy for any foot swelling and foot swelling pain. Exercising will help with the proper circulation of fluids and blood within the body.



What you need to know about hammertoe

A hammertoe is one of the most common foot problems seen by the physicians at Hosey Foot and Ankle Centers.

“A hammertoe is an abnormal bend in the second, third, fourth, or little toe,” says Dr. Thomas Hosey. “An important thing to know about hammertoes is that they may start off as mild deformities, but get progressively worse over time if left untreated. As they progress, they can rub against your shoe and cause problems.

Hammertoes never get better without some type of treatment. That’s why they need to receive early attention. The symptoms of hammertoe include the characteristic bend in the toe. The pressure of this bending against the shoe can cause pain or irritation. Corns and calluses might develop on the toe or between

two toes, or even on the ball of the foot. Redness and inflammation can also occur. And in more severe cases, there may be open sores.

“It’s best to deal with a hammertoe in the early stages, while the toe is still flexible and the symptoms can be managed through nonsurgical treatment,” Dr. Hosey says. “However, if a hammertoe is left untreated, it can become more rigid and make the symptoms worse. At this later stage of the deformity, surgery is needed.”

Hammertoe surgery does two important things: it reduces the bending of the toe and puts the toe in a straighter position. There are three reasons why hammertoe surgery is done: to reduce pain and pressure against the shoe, to improve the patient’s ability to function normally, and to decrease the deformity itself.

To make an appointment and find out more about correcting your hammertoe or any other condition please call the Hosey Foot and Ankle Centers at 586-263-4411.



Don't forsake foot health for fashion with flip flops

Flip flop sandals and summertime seem to go hand in hand. But while these types of sandals are fun and fashionable to wear, they should not be a mainstay of your summer footwear.

Since flip flops have no arch support or stability, wearing them too often can cause abnormal stress on the plantar fascia (the band of tissue that extends from the heel to the base of the toes). The resulting condition, known as plantar fasciitis, usually causes pain in the heel immediately upon rising in the morning or after periods of inactivity during the day. This pain can persist and take a long time to subside.

To avoid developing plantar fasciitis this summer, wear supportive footwear that provides sufficient shock absorption. However, if you insist on wearing flip flops, wear them sparingly!

If you are experiencing summertime foot or ankle pain, make an appointment with Hosey Foot and Ankle Centers by calling 586-263-4411.



Dr. Angela R. Jacob to join practice in July

Hosey Foot and Ankle Centers welcomes Dr. Angela R. (Angie) Jacob to the practice, effective July 23, 2018.

Dr. Jacob received her bachelor of science degree from the University of Wisconsin-Whitewater campus majoring in biology with an emphasis on cell physiology. She earned her Doctor of Podiatric Medicine degree from Kent

State University's College of Podiatric Medicine in 2014 and completed her residency in podiatric medicine and surgery training at St. John Hospital and Medical Center in Detroit, MI.

She is a member of the American College of Foot and Ankle Surgeons and the American Podiatric Medical Association.

Currently a resident of Oxford, MI, Dr. Jacob grew up in Wisconsin. She enjoys outdoor activities including camping, fishing, snowmobiling and hunting. "I love Michigan because it offers so many opportunities for outdoor activities," Dr. Jacob says. She also enjoys painting and music, and is a proud owner of two dogs and three ducks.



Dr. Angela R. Jacob DPM

Living with diabetes? Protect your feet from summer heat

If you are living with diabetes, hot and humid summer weather can wreak havoc on your feet.

Exposure to extreme heat can lead to:

Swelling

Swollen feet can make your shoes fit tighter and may exert blister-causing pressure on your toes and heels. Wear support

stockings to reduce swelling and avoid

complications, such as poor circulation and further impaired nerve function.

Dryness & cracking

Any type of skin break on your feet can become infected and ulcerate if it is not noticed right away. If you wear sandals often during the summer, inspect your feet daily for any cuts, cracks or signs of infection and try to wear regular shoes a few days a week to limit your exposure.

Puncture wounds, burns & blisters

Even just a few minutes of walking barefoot on a hot driveway or sidewalk can badly burn the soles of your feet due to impaired nerve sensation from the disease. Always wear shoes outdoors to protect them from injury.

Vigilant foot care year-round is a must if you are living with diabetes. Call the offices of Hosey Foot and Ankle Centers to make an appointment.

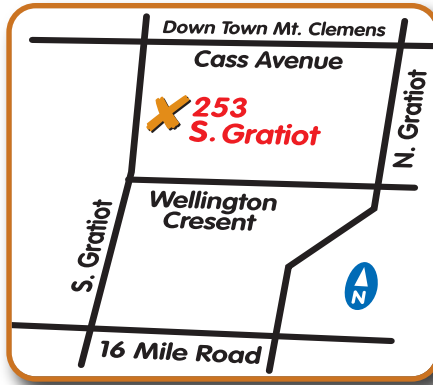


Convenient Locations



CLINTON TOWNSHIP

42550 Garfield Rd., Suite 103
Clinton Twp, MI 48038
Just south of 19 Mile Rd.
586-263-4411



MOUNT CLEMENS

253 S. Gratiot
Mount Clemens, MI 48043
One mile north of Metro Parkway (16 Mile).
586-468-5445



STERLING HEIGHTS

44344 Dequindre, Suite 420
Sterling Heights, MI 48314
Just south of M-59.
586-275-3000

HOSEY FOOT & ANKLE CENTERS

42550 Garfield Rd.
Suite 103
Clinton Twp, MI 48038

Meet your doctors

The Hosey Foot and Ankle team



Thomas C. Hosey
DPM, FACFAS



Ryan M. Murphy,
DPM, FACFAS



Kristen Patterson
DPM

