



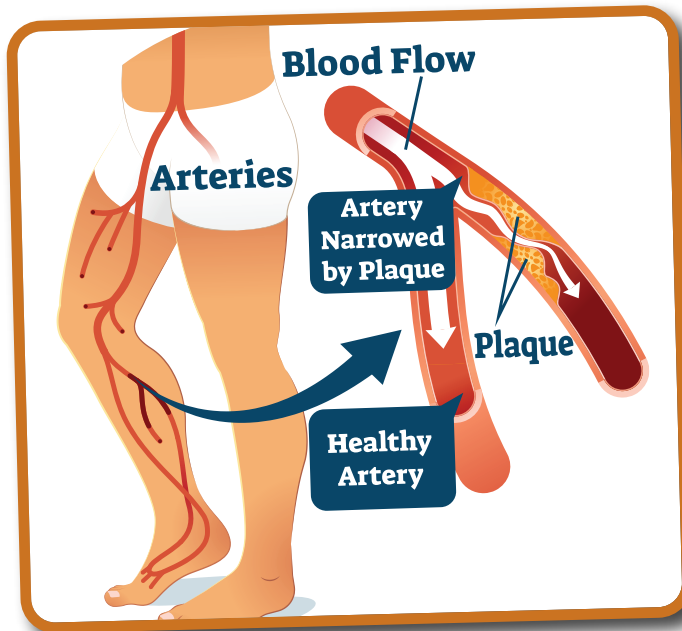
Winter

FOOTNOTES

2019

Do you have cold feet

Cold feet are most commonly a result of medical conditions that cause poor blood flow in the legs or feet, such as peripheral vascular disease, a blockage or narrowing of the arteries, cold sensitivity that causes a spasm of the blood vessels, and heart disease. Some medications that cause constriction of blood vessels can also lead to cold feet or limbs. Beta blockers for high blood pressure, some medications for migraine headaches and cold medications that contain pseudoephedrine may all cause this problem.



Other potential causes of cold feet include hormonal abnormalities, nerve disorders, and autoimmune disorders.

Because there is such a wide range of causes for cold feet, it is important to see any of the physicians at Hosey Foot and Ankle Centers. To make an appointment call 586-263-4411.

Don't invite gout to you holiday feasts



With the holiday season upon us, be aware that sudden changes in your diet can trigger painful gout attacks, especially in your feet.

"Gout attacks are caused by the accumulation and crystallization of uric acid in joint tissues," says Dr. Angela Jacob of Hosey Foot and Ankle Centers. "The big toe is most often affected by this painful condition because it is the coolest part of the body and uric acid is sensitive to temperature change."

The hallmark for a gouty attack is a red, swollen and extremely painful toe to the touch that normally presents in the early morning hours. Foods high in purines contribute to uric acid buildup. These include shellfish (shrimp, crab, etc.), organ meats (kidney, liver, etc.), red meat, red wine and beer. Gout can be treated with medications, diet changes and increasing consumption of water (approximately six to eight glasses a day). If you are suffering from pain in your feet or big toe this holiday season, make an appointment at any of the offices of Hosey Foot and Ankle Centers by calling 586-263-4411.



Ice-related falls can wreak havoc on ankles

Serious injuries from ice-related falls often occur during the hectic holiday season. “Falls on icy surfaces are a major cause of ankle sprains and fractures, and it is critical to seek prompt treatment to prevent further damage that can prolong recovery,” says Dr. Kristen Patterson of Hosey Foot and Ankle Centers. “The ankle joint is vulnerable to serious injury from hard falls on ice. Ice accelerates the fall and often causes more severe trauma because the foot can go in any direction after slipping.”

Even though ankle sprains and fractures can have similar symptoms, such as pain or soreness, swelling, bruising or difficulty walking, fractures are associated with:

- **Pain at the fracture site that can extend from the foot to the knee**
- **Blisters over the fracture site**
- **Bone protruding through the skin**

“Many ankle fractures and sprains are treated by immobilizing the joint in a cast or splint to foster healing,” Dr. Patterson says. “However, surgery may be needed to repair fractures or severe ligament tears to allow them to heal properly with appropriate alignment.”

In cases of less severe fractures and sprains, it is possible to walk and mistakenly believe the injury does



not require medical treatment. It is also possible to fracture and sprain an ankle at the same time, and a bad sprain can mask a fracture. Putting weight on the injured ankle can worsen the problem and can lead to chronic instability, joint pain and arthritis over time. If you injure your ankle or foot this winter, make an appointment at any of the Hosey Foot and Ankle Centers offices by calling 586-263-4411.

“Come to our office as soon as possible for evaluation, diagnosis and treatment,” Dr. Patterson adds. “However, if you cannot visit us or the emergency room right away, follow the RICE protocol—Rest, Ice, Compression and Elevation—until your appointment.”

Keep your feet safe at the gym in the New Year



In the New Year, be sure to keep your feet in tip-top shape while following through with your resolutions to get fit.

“Start new workouts gradually to increase your stamina and avoid overuse injuries, such as

stress fractures or tendon strains and sprains,” says Dr. Ryan Murphy of Hosey Foot and Ankle Centers.

“Stretching your muscles before and after workouts also helps prevent these types of injuries.”

Wear well-fitting athletic shoes designed for the exercise or sport. Shoes that do not support the arch of the foot and provide cushioning for the heel can cause heel pain (plantar fasciitis). Shoes that are too small can cause a

neuroma (thickening/inflammation of the nerve) or toenail injuries and may require injections, medication or physical therapy.

Wearing wicking-type socks can also help prevent painful blisters, which can become infected and can cause more serious issues. Protect yourself from bacteria. Sweaty shoes, public showers, exercise equipment and the pool deck at the gym are breeding grounds for fungus, viruses and bacteria.

“Never go barefoot while in public areas—wear water shoes to protect your feet from wet surfaces and cover any cuts or cracks in your skin, as well as ingrown toenails, since minor tears in the skin’s surface can act as entry points for bacteria,” Dr. Murphy adds. If your feet or ankles hurt while exercising or if you suffer a foot or ankle injury, contact any of our offices by calling 586-263-4411 to schedule an evaluation.

Reservations now open for Patient Appreciation Dinner



Dr. Thomas Hosey and his staff of physicians want to again celebrate you as a patient of Hosey Foot and Ankle Centers. You are invited to attend a complimentary Patient Appreciation dinner beginning at 5:30 p.m. Thursday, January 23 at the Mirage Banquet Center at 18 Mile Road and Garfield in Clinton Township.

The event will feature a complimentary dinner, presentations from sponsors, and off course the opportunity to meet all the physicians and support staff from Hosey Foot and Ankle Centers. Call the Clinton Township Office at 586-263-4411 to make a reservation. Proceeds from a 50/50 raffle will go toward helping a local family in need.

Make an appointment for December 9-14 and you will receive a complimentary poinsettia

The physicians and staff of Hosey Foot and Ankle Centers wish you and your family a very happy holiday season. To help you celebrate the season, patients who make an appointment for December 9-14 at any of our locations with our physicians will receive a complimentary poinsettia plant. To make an appointment to see our physicians call the clinic at 586-263-4411.



Hunters need to protect their feet and ankles from injury

While foot and ankle injuries are most often associated with activities like running, basketball and hiking, hunting can also be the cause of serious injuries.

“Any responsible hunter will take an abundance of caution to ensure they are handling their firearm or bow safely, but taking steps to protect themselves from other injuries might not come to mind,” says Dr. Thomas Hosey of Hosey Foot and Ankle Centers. Dr. Hosey annually takes a hunting trip with family members in northern Michigan “Even the most experienced hunters can find themselves in a situation



they aren't prepared for, but with a few steps can better protect themselves from injury.”

The most common injuries to the foot and ankle associated with hunting include sprained or fractured ankles, ruptured Achilles tendons and fractured heel bones. These injuries frequently stem from tripping on uneven terrain and falling from tree stands. The severity, treatment and recovery time vary from person to person, but a foot and ankle surgeon should always be consulted to ensure proper care.

“It's the lack of attention to small details like watching where you're walking, not wearing the proper gear and not using important safety equipment that leads to the most injuries,” says Dr. Hosey.”

To stay safe, Dr. Hosey advises hunters to keep the following in mind:

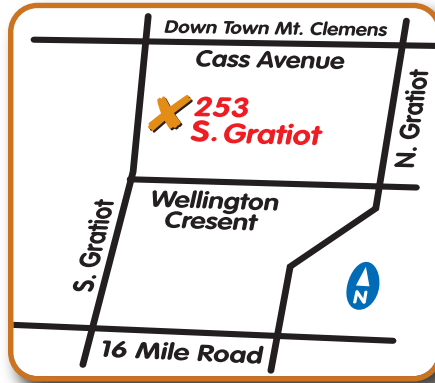
- **Inform someone of where you will be and your expected return time, in case of injury.**
- **Pack an extra pair of socks in case of wet conditions to avoid blisters and athlete's foot.**
- **Be mindful of the terrain while hiking.**
- **Use a safety harness to avoid unexpected falls from a tree stand.**
- **As always, watch your step!**



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



Thomas C. Hosey
 DPM, FACFAS



Ryan M. Murphy,
 DPM, FACFAS



Kristen Patterson
 DPM



Angela R. Jacob
 DPM

The Hosey Foot and Ankle team

