

NorthPointe Foot & Ankle
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Product Feature

Leaf Spring Foot Brace

The Leaf Spring Foot Brace prevents drop foot, assists in the prevention of falling, stabilizes gait, reduces foot contractures improves ambulation and can improve your overall quality of life.

This lightweight, durable brace fits with most shoes and is discreet. The absence of a heel section in the braces offers a more comfortable wear and provides a better fit in shoes.

Leaf Sprint Foot Braces are available by contacting your NorthPointe Foot & Ankle doctor.



For more foot care products, visit our Website:
MichiganFootCare.com.

NorthPointe News

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Regain Your Freedom—Improve Your Balance

Spring has sprung, the weather is warming and it's time for outdoor walking and activities.

Walking benefits most everybody, regardless of age. Podiatric and family physicians recommend walking to ease or ward off a number of physically related ills. Walking can help you:

- Strengthen your heart and lungs, and improve circulation.
- Prevent heart attacks and strokes.
- Reduce obesity and high blood pressure.
- Boost your metabolic rate.
- Favorably alter your cholesterol.
- Improve muscle tone in your legs and abdomen.
- Reduce stress and tension.
- Reduce arthritis pain; stop bone tissue decay

However, there are many individuals that experience balance issues and their fear of falling keeps them from leaving their home. There are a few simple exams that your podiatrist can perform to help identify the root cause of imbalance and get you back on your feet.

Foot problems and some diseases such as diabetes can cause a loss of sensation in the feet creating issues with balance. Disruptions to your stability can increase the risk of falls and/or dizziness.

Diabetes screening. Issues with the feet are a serious concern for diabetics. Diabetes can cause a loss of feeling in the lower extremities. A simple blood sugar test can determine if you need a more in-depth diabetes screening.



Review of footwear. Properly fitting shoes are critical. Everyday shoes should fit snugly on the foot with half an inch between the longest toe and the front of the shoe. Soles are an important consideration with shoes. A raised pattern is preferred which will decrease the risk of slipping.

Evaluation of circulation. A loss of sensation in the extremities can contribute to a loss of balance. Tests like the Peripheral Arterial Disease (P.A.D.) screening may be performed to determine circulation issues.

If you are experiencing a loss of balance, often an integrated physical therapy regiment can help.

A personalized therapy regiment can help in regaining balance by:

- Strengthening the core muscles
- Practicing balance exercises
- Rebuilding confidence

A complete foot exam by your NorthPointe Foot & Ankle podiatrist will provide you with the important information needed to reduce your risk of falling, improve your balance and restore your confidence so you can enjoy another beautiful Michigan spring!

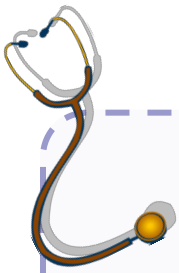
Spring Into Some New Shoes!

As a friend or patient of NorthPointe Foot & Ankle, you are eligible to receive a 20% discount on the popular shoe brand Crocs. Visit **MichiganFootCare.com** and click on the Crocs icon to make your selection. Enter code **40011662** for your discount



Order your **FREE** copy of
Diabetes and Foot Care at:
MichiganFootCare.com
It was written by the doctors of
NorthPointe Foot & Ankle.





Northpointe Medical on Woodward Health and Wellness Expo

Saturday, April 30—Noon—4 p.m.

NorthPointe Foot & Ankle is proud to be part of the Northpointe Medical facility on Woodward. Our neighborhood specialty medical center conveniently offers expert medical advice and services to the surrounding community. You may not be familiar with the additional services that are offered here, so we will be hosting a **FREE** Health and Wellness Expo on Saturday, April 30 from Noon—4 p.m.

Guests will have the unique chance to meet the specialists and receive a number of free health screenings, consultations and healthy living information.

Individuals often do not know or notice the warning signs of various health problems until the symptoms are advanced or emergency medical attention is needed. By providing screenings, consultations and health information to the community, the specialists at Northpointe Medical hope to identify any risk factors, abnormalities that individuals may possess that could result in problems, diabetes or other health issues.

Light snacks, refreshments and Coffee Beanery coffee will be served. Enter for a chance to win great raffle prizes receive a gift bag just for stopping by (while supplies last)!

Screenings Offered:

Northpointe Heart Center

Varicose Vein Screening (pre-register on RSVP line)
Blood Pressure Screening
One-on-one Consultations

NorthPointe Foot & Ankle

On-site Blood Sugar Testing
P.A.D. Assessment (Peripheral Arterial Disease—poor circulation)
One-on-one Consultations to answer your specific foot and ankle questions
1:00 pm Presentation—*The Diabetic Foot*

Chau Plastic Surgery

Face and Hand Sun Damage Assessment
Brief Cosmetic Consultations

Northpointe Eye Specialists

Glaucoma Screening
LASIK Screening
Have specific eye questions answered by Dr. Kalt

RSVP: 248-837-2463

INVITE YOUR FRIENDS AND FAMILY MEMBERS

Join the NPFA Tour de Cure Team!

NorthPointe Foot & Ankle (NPFA) is pleased to support the American Diabetes Association's Rock Our Ride Tour de Cure. You can show your support for the ADA by joining NPFA's cycling team—the MPMA Spinners There are bike routes of different lengths for riders of all skill levels.

All Tour de Cure routes are safe and fully supported with route marshals, SAG vehicles, mechanical support and rest stops stocked with beverages and snacks. The event is scheduled for **Saturday, June 11**. All of the routes start and finish at Brighton High School. Visit diabetes.org/michigantourdecure.com. or pick up information at the reception desk of NPFA.

Most importantly, this ride raises funds for diabetes research and diabetes related services. This year marks the ride's 20th anniversary and it celebrates having raised millions of dollars over the years.

The doctors of NPFA are offering free screenings to registered riders. The doctors will examine the participant's feet and bike riding shoes to identify any potential problems prior to the tour. These screenings are offered through the end of May. Please call to schedule an appointment. We look forward to seeing you at the ride!

If you would like to receive our monthly newsletter, send your email address to doctors@northpointefoot.com

www.MichiganFootCare.com