



CANTON  
FOOT  
Specialists

# FOOTNOTES

Health news for our patients and associates

WINTER 2007  
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## News briefs

### Oxygen treatment helps speed wound healing

Patients with wounds that have taken longer than six months to heal often benefit from the use of pure oxygen treatment, which stimulates blood flow to the wound to speed healing. Drs. Steven Watson and James Duncan completed hyperbaric therapy training accredited by the American College of Hyperbaric Medicine for physician, nursing and technician instruction. Both podiatrists are now treating patients with slow-healing wounds of the foot, ankle and lower leg at Garden City Hospital's Hyperbaric Therapy clinic. Such wounds may stem from surgery, diabetes or a varicose vein rupture. To schedule an appointment for a wound evaluation, please call the Canton office at (734) 981-7800.

### Canton Foot Specialists opens "Virtual Shoe Store" for hard-to-fit feet

If you're having trouble getting casual or formal shoes that fit well, turn to the experts at Canton Foot Specialists. During your office visit, a specially trained office assistant or podiatrist will measure your feet, ask about the styles you prefer, and go on-line to selective shoe stores to find the exact style, size and color – at the guaranteed lowest price. Your shoes can be ordered before you leave the office and delivered directly to your home. With a 14-day return policy, you'll have enough time to make sure that your new shoes fit — satisfaction guaranteed. We want to make the shoe buying experience easier, quicker and more convenient for you. For more details, call our office.

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## New downriver location opens

Canton Foot Specialists has opened a new office in Riverview to provide foot and ankle care to patients in the downriver area who want the high quality service provided by our foot care team without having to travel to Western Wayne County. It will be known as Ankle and Footcare Specialists and located at 14020 Fort Street. Appointments for the downriver location can be made by calling the office at (734) 284-7600.

Patients will be served by Theodore Bens, DPM, who has had a private practice in the area for 18 years. Prior to that, Dr. Bens was a podiatrist for Mobile Podiatry Associates and the Diabetic Foot Clinic of Henry Ford Hospital.

Dr. Bens earned his DPM degree from the University of Osteopathic Medicine and Health College of Podiatric Medicine and Surgery in Des Moines, Iowa, and also holds a Bachelor's of Science degree from the same university.

Dr. Bens has a special interest in sports medicine and also makes house calls throughout southeastern Michigan on behalf of Canton Foot Specialists. He and his wife, Lorlain Mae, live in Taylor, with their three children.

## Arthroscopic surgery offers quicker recovery for complex foot ailments



Tony Hall, of Livonia is ecstatic about the outcome of his surgery – an alternative procedure that cured his "unbearable" heel pain. A busy salesman who works for a local mail-processing firm, Hall couldn't afford to lose a lot of time from work. In the past four years, he had been to six podiatrists and had undergone two previous surgeries for heel pain without much relief.

Last spring, Hall had his third – and only successful – surgery. It was performed by James Duncan, DPM, of Canton Foot Specialists – one of the few centers in southeast Michigan performing this minimally invasive procedure. Dr. Duncan learned the procedure during his residency and did additional training in Chicago.

"I have been living with pain for years," said Hall. "I couldn't be more pleased with the surgery. It used to be that by noon, if I stood up and tried to walk after sitting at my desk, I'd have a stabbing, aching pain from my heel that would also cause a charley horse in my leg. By relieving pressure on the muscle (of the right calf) through surgery, I've had no problems. I'm not waking up in the middle of the night with pain. I can even walk in flip flops now without pain."

"This minimally invasive procedure can bring relief to many patients," said Dr. Duncan. "Patients with plantar ulcers are especially good candidates. The procedure brings faster relief and less downtime than with standard surgery and is very effective in reducing the plantar pressures which contribute to the development of these ulcers. It is also effective in treating equinas, a

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**Visit one of our four convenient locations. To make an appointment, please call the office of your choice. For more information, visit our website at [cantonfoot.com](http://cantonfoot.com).**

Canton Foot Specialists  
43050 Ford Rd., Suite 150  
Canton, MI 4818  
(734) 981-7800

Arbor Health Center  
990 W. Ann Arbor Trail, Suite 201  
Plymouth, MI 48170  
(734) 981-7800

Garden City Hospital  
Medical Office Building  
6255 N. Inkster Rd., Suite 307  
Garden City, MI 48135  
(734) 981-7800

Ankle and Footcare Specialists  
19020 Fort St.  
Riverview, MI 48192  
(734) 284-7600

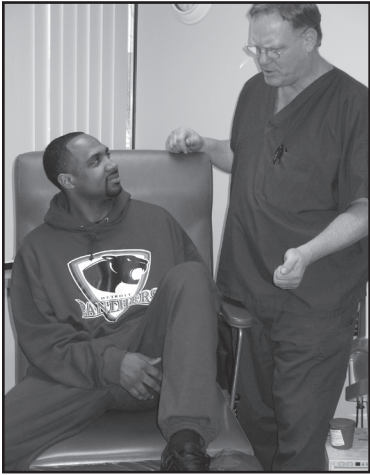


## CANTON FOOT SPECIALISTS

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## Canton Foot Specialists team up to treat the Detroit Panthers



The Detroit Panthers is the hot new Detroit basketball franchise of the American Basketball Association (ABA). Owned by Super Bowl Champion Charles Batch, the team is creating a lot of excitement. It combines the skills, speed and strategic ball handling of many former local college basketball players who dominate the home court at the Buck Weeber Center in River Rouge.

Despite its new kid on the block status, the Detroit Panthers team is no stranger to injuries on the court. This is where team physicians can make a dramatic difference

in the players' treatment and rebound from injuries. Team physician Stan Szczeciński, DO, of Westland, made a slam-dunk when he chose Steve Watson, DPM, owner of Canton Foot Specialists, to be the team's foot and ankle specialist. Both specialists attend all home games and tend to players' injuries so they can get back into the game.

Dr. Watson is an avid sports fan and enjoys watching the fast-paced Panthers. At 6-4, Watson fits right in with the team's tall players. One of Dr. Watson's winning strategies is to make custom-fit orthotics for all the team players, so they'll have stable footing to help prevent injuries due to sudden shifts in foot movement during practice and games. He is assisted by Theodore Bens, DPM, who heads the Canton Foot Specialists' new downriver office in Riverview.

For those interested in viewing a game, visit the team website at [www.detroitpanthers.com](http://www.detroitpanthers.com) for game times and ticket information.

### Arthroscopic surgery, cont.

contracture of muscles in the back of the leg."

Another patient, retiree Charles Bailey, of Stockbridge, Mich., had the procedure done last spring because of a diabetic-induced ulcer that would not heal and often became infected. "I'm happy with the surgery," Bailey said. "My walking is fine, and I have more up-and-down movement of my foot since the surgery."

The procedure is described as an arthroscopic "lengthening" of the connective tissue of the gastrocnemius – the muscle in the back of the leg that powers the downward motion of the foot. The surgery involves making two small incisions near the calf muscle. A canula, a thin tube that allows instruments to be passed through to the surgical site, is inserted in one incision while a small camera is inserted in the other. A cutting tool is passed through the canula, which releases the connective tissue of the gastrocnemius muscle. Once this tissue is released, excessive pressure on the bottom of the foot is reduced.

The procedure carries less risk of surgical complications such as infection and slow wound healing, which are more common with diabetic patients. Recovery typically only takes a few weeks.

Dr. Duncan performs the procedure at Lakes Surgery Center in West Bloomfield and at Southeast Michigan Surgery Center in Warren, with initial assessment and follow-up done at the main office.

### News briefs, cont.

#### Diabetic Shoes are covered by Medicare

If you have diabetes, Medicare pays for one pair of shoes and inserts annually. Canton Foot Specialists offers a variety of custom-fit shoes that help cushion your feet while you walk, and have several styles on display at our main office. These shoes are specially made to help prevent the complications of diabetes – which range from ulcers to nerve damage and poor blood circulation made worse by tight-fitting shoes. Find out if you qualify for these shoes by calling our office today.

#### One-stop shopping for foot care needs

If you need arch supports, gels to treat warts or fungus nails, or other foot care products, you can purchase them at your next appointment. We make it easy for patients to obtain over-the-counter remedies by carrying many popular foot care products. The next time you're at our office, don't forget to stock up on nonyx gel (for fungus nails), biofreeze (to relieve pain), and foot and toe pads. The convenience and affordability of these products help provide greater patient satisfaction.

#### Expos excite and educate – stop by and see why

Community events and expos allow people to learn more about the wide range of services provided in a community. When it comes to foot and ankle treatment and prevention of disease, Canton Foot Specialists provides valuable information at these venues and often has special screenings and giveaways. Plan to stop by our exhibit this year at area health and business expos. Last year, we participated in the Canton Summit health expo in January, and the Westland Chamber of Commerce health and business expo in the fall.