



**KALAMAZOO
PODIATRY**

News and Updates *July 2025*



About the Doctor

Terence D. Bredeweg, DPM



A West Michigan native, Dr. Terence Bredeweg was born and raised in the Grand Rapids area. He earned his bachelor's degree in cell and molecular biology from Grand Valley State University, then moved to the Chicago area to earn his doctor of podiatric medicine from the William M. Scholl College of Podiatric Medicine at Rosalind Franklin University.

Dr. Bredeweg returned to Michigan for his podiatric surgical residency at Henry Ford Wyandotte Hospital. He then moved back to the west side to join Kalamazoo Podiatry, and later became a partner in the practice in January 2015. He became lead podiatrist in January 2016, after Dr. Redmond's retirement from full-time practice.

Dr. Bredeweg believes that spending time with patients, educating them about their condition and treatment options, and helping them feel empowered to make decisions about their health care are key to providing the best outcomes.

In his free time, you might find Dr. Bredeweg reading a book or watching the game. He also enjoys outdoor activities, including golf, fishing, and skiing.

The Rigors of Waterskiing

Waterskiing is a fun, invigorating workout for beginners and seasoned veterans alike. But sometimes the feet and ankles pay a price in the forms of ankle sprains, tendon injuries, and fractures.

An ankle sprain might result from a bad landing, a fall, or "catching an edge," which is when a ski contacts the water at an awkward angle and causes a sharp turn or abrupt stop. Also, if the boot does not release from the binding on a hard fall or from extreme force, your ankle may be in trouble.

Partial or complete tendon tears can strike the Achilles tendon, peroneal tendon (on the outside of the foot and ankle), or posterior tibial tendon (inside of the foot and ankle). Notable causes include awkward landings, hitting the water with extreme force, quick or hard get-ups out of the water, boots that don't release properly from their bindings, and attempts to kick off a ski to transition to one-footed skiing. Some water-skiers might be fortunate enough to deal with tendonitis rather than tears.

Causes of waterskiing-related fractures overlap many of those for ankle sprains and tendon tears. An added one is whacking one ankle with the ski from the other foot.

To diminish your risk of foot and ankle injuries:

- Regularly engage in strength and conditioning exercises.
- Warm up before skiing.
- Stay hydrated.
- Adjust your boots/bindings — snug enough to maintain good control but loose enough to come off in a crash.
- If you think you've injured yourself, don't push it.
- Maintain good communication with the boat driver.

If a waterskiing adventure leads to a foot or ankle injury, schedule an appointment with our office for a thorough evaluation.



Healthy Feet and Ankles Should Be Par for the Course

Despite the frustrations inherent in golf, many diehards hit the courses each day. One beautiful shot for every nine errant ones is quite addictive. Fresh air, exercise, and socialization don't hurt either.

If you want to improve your golf game, healthy feet and ankles are a must. Weight transfers and follow-throughs on your swing place a lot of stress on the big toe, the heel, and the ball of the foot.

Swing follow-throughs can overextend the big-toe joint on the back foot. Avid golfers may eventually wear out the cartilage or jam the joint. If left untreated, arthritis can set in, jeopardizing your enjoyment of the sport or rendering you unable to continue playing.

The plantar fascia may become inflamed with the repetitive forces it encounters. Jabbing, knife-like heel pain makes it difficult to maintain a solid stance at key points in a golf swing.

Weight transfers to the front foot on a swing may cause a neuroma, or "pinched nerve." Repeated compressions create a benign growth of nerve tissue on the ball of the foot that becomes thickened, enlarged, irritated, and painful — frequently between the third and fourth toes.

Chronic ankle instability due to untreated past ankle sprains and Achilles tendonitis are conditions that affect balance and will hamper your game.

Golf shoes that don't fit well may result in corns and calluses. Simply standing and walking may be uncomfortable; feet will lack proper support.

If your feet or ankles are hurting, your golf game will suffer, too. Contact our office for a thorough evaluation. With proper treatment, playing far into the future can be a "fore" gone conclusion.

Mark Your Calendars

- July 4** Independence Day: Only became a federal holiday in 1870 ... what took so long?
- July 7** Chocolate Day: Cacao is the raw cacao beans; finely ground and roasted cacao beans result in cocoa powder.
- July 9** Dimples Day: 20% of people have dimples, a charming defect(?) caused by shortened facial muscles.
- July 16** Hot Dog Day: The National Hot Dog and Sausage Council proclaims that putting ketchup on a hot dog is taboo for adults.
- July 20** Moon Day: Neil Armstrong flew to the North Pole in 1985 ... after the moon, a piece of cake.
- July 22** Hammock Day: The world's largest, in North Carolina, spans 42 feet and is woven with 10,000+ feet of rope.
- July 28** Waterpark Day: The world's tallest water coaster (86 ft.), "Tsunami Surge," splashes down in Gurnee, Illinois.



'You Are a Chicken'

Hypnosis, or hypnotherapy, is heavily backed by scientific research; it's not just corporate entertainment. It can be used by state-licensed hypnotherapists to treat conditions ranging from sleep disorders, menopausal hot flashes, and irritable bowel syndrome, to anxiety, chronic pain, and smoking cessation.

Hypnosis involves a relaxed physical state accompanied by more focused attention on a particular subject, reduced peripheral awareness (things outside our central line of focus), and an enhanced capacity to respond to suggestion.

The therapist will, for instance, ask a qualified candidate — not everyone is equally susceptible to hypnosis — to think about sensory experiences that make them feel safe. The therapist then adds more related images and verbal cues to help the patient enter a deeper state of calm. When executed correctly, the patient's physical surroundings fade away.

At this point, the patient is more open to suggestions to achieve certain goals, make healthier decisions, or detach themselves from painful past experiences. Importantly, the patient remains in full control, can hear and remember everything, and won't do something they don't want to do.

Hypnosis-like events sometimes occur in everyday life. Have you ever driven a several-mile stretch of roadway by yourself, and later on the same drive realized you had no recollection of it? Time seems to shift, and we're essentially on autopilot.

Functional magnetic resonance imaging can detect the point at which a patient enters hypnosis. The two hemispheres of the brain also undergo marked changes when a patient is under hypnosis. But the "why?" is not yet fully understood.

For those concerned that a shady hypnotist might abandon you before bringing you out of hypnosis (typically with a verbal cue), you will soon snap out of it on your own or fall asleep. You won't remain a chicken forever.



Healthy Coleslaw Salad (Mayo-Free!)

Servings: 4 tacos; prep time: 10 min.; total time: 10 min.

A delicious, healthy, and colorful cabbage and carrot salad that is gluten-free and vegan!

Ingredients

- 3 cups cabbage (white and purple), shredded (see "NOTES")
- 1 cup carrots, shredded
- 5 tbsp. extra virgin olive oil
- 3 tbsp. fresh lemon juice
- 1 tbsp. Dijon mustard
- 1 tbsp. honey
- 1 tsp. sea salt
- freshly ground pepper

Optional additions:

- cilantro leaves, chopped
- fennel, minced
- fennel fronds, chopped

Directions

1. Prepare all the vegetables, and combine them in a medium bowl.
2. To make the light dressing, whisk together the olive oil, lemon juice, mustard, honey, salt, and pepper.
3. Drizzle the dressing over the vegetables, and toss well until all the ingredients are lightly coated. Taste and adjust if necessary.
4. Cover lightly and place in the refrigerator for an hour to allow all the flavors to blend. Enjoy chilled or at room temperature.

NOTES: To shred the cabbage, you can use a very sharp knife or a mandoline. If you are in a hurry, you can even use the pre-shredded slaw mix that you find in most stores.

Recipe courtesy of marilenaskitchen.com/a-healthy-coleslaw-salad.



KALAMAZOO PODIATRY

333 Turwill Lane, Kalamazoo, MI 49006
269-373-1019

305 Thomas Street, Allegan, MI 49010
269-673-8757

www.KalamazooPodiatry.com



The Rigors of Waterskiing
See page one.

No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.

Broken Skin, Water, and Summer Fun

The skin protects the body from harmful agents in the environment. When there's a breach in the defenses such as a cut, abrasion, or open wound — even a small one — bacteria and viruses can infiltrate and cause potentially difficult-to-treat infections.

For many, summer fun involves trips to beaches, lakes, or pools. Make sure your feet and ankles, or any body part exposed to the water, are free from skin breakages before entering the water.

Some people believe that saltwater and chlorine are good for broken skin. Nope! Although saline solutions for treating wounds can be found at doctor's offices and pharmacies, they are sterilized and contain only salt and water. Saltwater from the ocean contains numerous microbes. Most won't cause harm, but some do. For example, *Vibrio* bacteria infect approximately 80,000 people per year in the U.S. and kill 100 (per the CDC) — through wound infections and eating undercooked or raw shellfish.

Fresh water is home to *Aeromonas*, a species of bacteria that can kick off wound infections. Chlorine is great at disinfecting pool water, but it's tough on skin, even more so for already-damaged skin.

If you're thinking, *I'll just use a waterproof dressing*, most waterproof wound-care products are meant for short stints in the shower, where the water is also cleaner — not for longer stretches in oceans, lakes, or pools, where they can more easily fall off and expose you to risk.

If you have some form of broken skin on a foot, ankle, or other area of the body, stay out of the water (takes discipline!). An infection of any kind is serious; systemic ones can be life-threatening.