

# Foot Sense

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## Take These Foot and Ankle Precautions Before Participating in Outdoor Activities

After all the turkey is gone and with Christmas and New Year's approaching, as a Northwesterner you look forward to hiking, skiing, and long walks. Not only are these activities invigorating in the cold, crisp air they will keep your weight in check. Getting more exercise is also a great way to maintain your health especially if you suffer from diabetes or are at risk for heart disease or stroke. (Of course it's always important to check with your doctor before taking on a new activity).

If you plan on hitting the trails this fall and winter it's always a good idea to take specific precautions so that your feet and ankles don't take on the brunt of your exuberance. Turn over for the solutions:



Merry Christmas!



Happy Chanukkah!

### Mini Curried Butternut Squash Latkes (reduces carbs and calories)

- 18 oz butternut squash, peeled and cubed
- 1 small yellow onion, peeled and quartered
- 2 large eggs, lightly beaten
- 2 tbsp flour or matzoh meal
- 1 heaping tsp curry powder
- 1 heaping tsp coriander seeds, crushed with mortar and pestle
- 1/2 tsp kosher salt
- 2 tbsp canola oil
- Sour cream or store bought raita
- Cilantro

1. In a food processor fitted with grater attachment, grate squash and onion. Transfer to large bowl. Add eggs, flour or matzoh meal, spices, and salt and stir.

2. Add 1 tbsp canola oil to a large nonstick pan and heat over medium heat. Drop mixture by heaping forkful into pan and cook until golden on each side; about 3 mins per side. Add more oil between batches.

3. Top with dollop of sour cream, store bought raita, and cilantro.

Makes 2 dozen mini-latkes

From WebMD Winter 2015

## Go Slowly With New Activities

Our bodies are not machines. We need to take on new exercises at a slower pace than we might imagine. Choose a hike with a realistic distance and elevation gain if you're just starting out. For example, if your friends are trying to talk you into a five mile roundtrip hike, negotiate for a shorter distance.

## Get Your Feet and Ankles in Shape

Just like the rest of your body, your feet and ankles are going to need some warming up and strengthening before they'll feel good taking on a new activity. We found this great blog written by the folks at Livestrong called "[12 Anytime Moves to Strengthen Your Feet and Ankles](#)" that will go a long way to get you in shape and avoid injuries.

## Buy the Right Shoes

Shoe companies make different types of shoes for specific types of activities. Be sure you go to the experts (a running store like Super Jock 'N Jill if you're planning to run or a store like REI if you're planning to hike or ski). Bring in your current shoes or boots so the salesperson can check for wear patterns and don't forget your orthotics. The boots should feel comfortable from the start or move on. New boots and shoes can also help prevent slipping and sliding when you're on uneven terrain.

**If you have a foot or ankle injury, call us today at 206-368-7000 for an appointment, often same day.**



### Holiday Orthotic Special! Save Up to 52%

If you're a patient of Dr. Bergs and have already received orthotics from us, you can save up to 52% through December 31st, 2016. Our orthotics which normally cost \$575 are only \$300 for a 2nd pair. Need more than one pair? Then you can save an additional \$50.

**\*\*\*Call us today at 206-368-7000 to take advantage of this holiday special!\*\*\***

- These specials require full payment by cash/check/care credit at the time of the order.
- Your orthotics will be shipped to our office and you will be called promptly to come and pick them up.
- Orders may take up to 2 weeks for processing/delivery.
- Due to significant savings with these specials, no refunds are available
- Please note that if you haven't been seen at our office in over 3 years, you'll need to set up an appointment to see Dr. Berg.
- [This offer is void if insurance covers any of the above mentioned products and/or services](#)

## Mindful Eating Can Make the Holidays Less of a Minefield for Those Watching Their Weight

At this time of year most of us are thrown into situations where food is everywhere. From the well meaning cookies, cakes, and candies that are dropped off by co-workers or clients, to multiple parties and sit down dinners for Christmas and Chanukkah. Here are some tips to keep your eyes on your weight loss goal.

- Eat only those foods that you really enjoy; don't take Aunt Martha's green bean salad smothered in cheese if it isn't your favorite.
- Don't skip breakfast. You may be tempted to hold off on eating any food for the mondo meal later, but don't. You'll end up eating more than you should.
- Practice self-care. Food is often a go to method of coping with stress. Cut the stress by exercising, getting more shuteye, and have more alone time.