

Foot Sense

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FOOT AND ANKLE CENTER OF LAKE CITY



January 2018

HAPPY

NEW

YEAR



Why Weight Loss Is Hard And What To Do About It

As a [Seattle podiatrist](#) I'm all for losing weight. Many of my patients have diabetes and cardiovascular disease. Losing weight would be extremely helpful in managing their chronic illness and reducing their risk for foot problems such as [heel pain](#) and [bunion progression](#).

Every year lots of us sign up for gym memberships to lose weight. And many of us will stop going to the gym after the first couple of months.

What's happening here? (Turn over to find out!)

Mini-Mushroom and Sausage Quiches

Make these delicious quiches for a New Years Eve party or anytime throughout the year.

- 8 ounces turkey breakfast sausage, removed from casing and crumbled into small pieces
- 1 teaspoon extra-virgin olive oil
- 8 ounces mushrooms, sliced
- ¼ cup sliced scallions
- ¼ cup shredded Swiss cheese
- 1 teaspoon freshly ground pepper
- 5 eggs
- 3 egg whites
- 1 cup 1% milk



1. Position rack in center of oven; preheat to 325°F. Coat a nonstick muffin tin generously with cooking spray (see Tip).
2. Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper.
3. Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup
4. Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool completely.

Make Ahead Tip: Individually wrap in plastic and refrigerate for up to 3 days or freeze for up to 1 month. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

Source: Eating Well Magazine: April/May 2005

According to some experts the "21 day" rule to forming a habit is not true. Forming a new habit depends on so many factors including complexity, frequency, consistency, and individual variation. For example, it will likely take much longer to make running on a treadmill and using gym equipment a habit than walking since most people already walk and it takes no special equipment or gym to do it.

In addition to doing exercise that is more easily habit forming, it's important to look at the reasons why your gaining weight. In a previous blog I wrote last year called "[Why Weight Loss is Great for Our Feet But Can Be Difficult to Do](#)" the reasons people are overweight are quite complex. Weight gain involves not just what we eat but genetic factors, medications, and specific diseases that make it more likely to put on extra pounds.

Weight loss using exercise is also not one size fits all. Besides the difficulty in forming a new habit, you should work closely with your doctor, a physical therapist and/or exercise physiologist to ensure that your exercise is appropriate to your current fitness level. Also, these providers will make sure limitations such as foot, back, or knee pain are taken into account.

One article suggests that physicians go for a walk with their patients to do a "talk test". When doing moderate-intensity activity you should be able to talk, but not sing, during the activity. Moderate aerobic activity will help with weight loss by burning fat, while too much activity will not.

Of course combining healthy eating with exercise is extremely important for losing weight. Working with a nutritionist, dietician, or expert in the area of obesity and overweight are important in helping determine the best plan for you.

Call us today at 206-368-7000 for an appointment. Often same day for emergencies and less than 2 weeks for chronic foot pain. You can also [request an appointment online](#).

6 Healthy Living Tips for 2018

1. Expand your social circle - having a larger social circle is good for your brain and your overall health. Get involved in a book club, a mom's group, or take a class at [your local community center](#) or at a community college.
2. Learn to be more mindful and reduce your stress - take a mindfulness class at a place such as the [Seattle Mindfulness Center](#) on Phinney Ridge or a Mindfulness-Based Stress Reduction class at [Mindfulness Northwest](#).
3. Take up yoga - yoga is great for the body and mind. Try a local yoga center like the one owned by Annie Stocker, [Two Dog Yoga](#). Classes range from gentle to advanced.
4. Catch more Zzzz's - getting a good night's sleep can be hard. [Try these tips from the New York Times Well section](#).
5. Get stronger - getting stronger and staying strong is important for everyone but particularly as we age. You can go to a gym and hire a trainer or you can follow the workout of Supreme Court Justice Ruth Bader Ginsberg. Her trainer just put out a book with step-by-step instructions called the [RBG Workout: How She Stays Strong and You Can Too!](#) The book recommends using [resistance bands](#) if you're not going to the gym.
6. Get rid of clutter- having a cluttered house can make it more difficult to find things and to keep your house clean. For a clutter free home [try these tips from Oprah](#).

Be sure to talk with your doctor before starting any new exercise program.

To download the newsletter for the links go to <https://www.bergdpm.com/newsletters.html>.

