



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg



Happy Holidays!



December 2022

5 Tips To Take Care of Your Winter Feet!

Winter can wreak havoc on your feet. Even though it rains a lot here--we get our fair share of dry, cold weather which can cause our feet to dry out and crack. This is particularly problematic as we age. That's because our skin gets thinner and our natural oil production decreases.



But that doesn't mean younger people are off the hook. Runners, skiers, or snowboarders are more likely to develop an ingrown toenail, black toenails, or fungal toenails. Most at risk are athletes who wear shoes or boots that are too tight or narrow.

Much of what happens to our feet during the winter goes unnoticed, until we experience pain. That's because many of us stuff our poor feet into socks and boots and ignore them until Spring. We don't necessarily give them the love and care they so deserve.

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Dry Skin Hacks

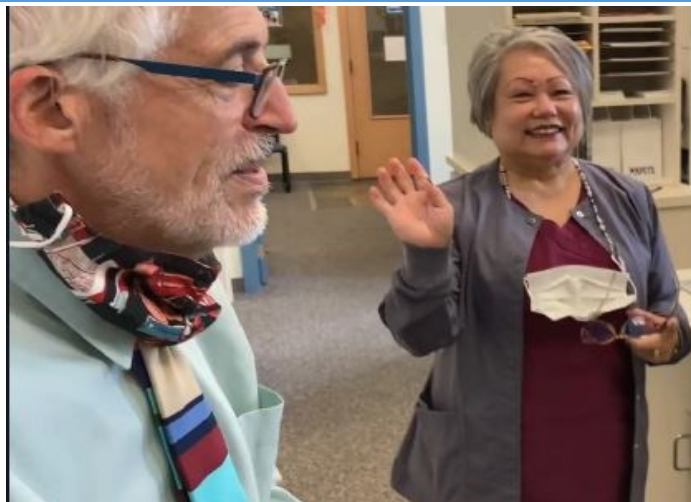
While we have many tried and true products for helping with dry and cracked skin, now we also have a foot soak. Made by the same company that helps our patients with fungal nails, Tolcylen has created two foot soaks to combat dry skin, eczema, and dermatitis.

Tolcylen Therapeutic Foot Soak is our starter kit. It comes with 5 concentrated packets of product and contains concentrated exfoliators, moisturizers, and cleansers.



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Lucy conducting her birthday song as we all celebrate her.



Geth's birthday celebration!

Roasted Sweet Potato and Brussel Sprouts Salad with Maple Tahini Drizzle

If you need to bring a side dish to your holiday dinner, here's one sure to please.

For the salad:

2 sweet potatoes (medium size, sliced into 1 inch cubes)

4 cups brussels sprouts (washed and halved)

1 Tbsp extra virgin olive oil

Sea salt and black pepper to taste

2 cups cooked lentils

For the dressing:

1/4 cup tahini

1/4 cup warm water

1 Tbsp maple syrup

1/4 tsp cayenne pepper

1/8 tsp sea salt



Source—[Academy of Culinary Nutrition](#)

Directions

1. Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Dry Skin Hacks (continued)

The moisturizing agents and skin protectants do not dry skin out like Epsom salt soaks or other over-the-counter foot soaks.

The other Tolcylen product is, **The Daily Micro-Cleansing Foot Soak**. It uses moisturizers, cleansers, and conditioners to treat mild skin and nail conditions. You'll use this treatment after finishing the more concentrated Tolcylen Therapeutic Foot Soak to keep your skin healthy over time.

Other Dry Skin Hacks

Consider The Air In Your House

Cooler air is dryer than warm air because it can't hold as much moisture. That's why in the winter (even in rainy Seattle) the air can dry out your skin.

While it might make sense to turn up the heat, it won't add moisture to the air.

In fact, certain types of heat like regular or vented gas fireplaces can cause the air to get even dryer.

Consider using a humidifier to add moisture to heated air. It's also important to make sure your home is sealed to prevent the cold, dry air from outside from coming in.

Moisturize Your Feet

Our office provides several great options for our patients in our R and M Store.

- **Amerigel** is a great moisturizer for anyone.
- For those with a tendency towards dry, cracked feet try either **Gormel Cream** with 20% urea or **Adessa Heel Liniment** with 30% urea.
- Gel socks can provide your feet with an immediate moisture boost. Using a combination of **Adessa Gel Socks** and one of the other creams can help get



your skin conditioned more quickly.

Keeping Your Feet Warm, Dry, and Pain-Free

For those who are more active and/or love to get out in the snow, there's a lot you can do to avoid the problems we talked about earlier like ingrown toenails or fungal nails. And of course keeping your feet warm and dry!

Buy the Right Socks and Other Products

- Socks that contain wool and wick away moisture from your feet are best to keep them dry and warm. I recommend [SmartWool Trekking Socks](#) to my patients who hike, ski or have circulatory problems. For runners, I suggest [Feetures Merino 10 Running Socks](#).
- Use two pairs of socks if needed. In very cold temperatures, I suggest two pairs of socks. Wear one thin layer next to your skin made of a wicking material like polypropylene and a thicker layer made of a combination of wool and other synthetic materials.
- Use foot warmers. Bio-World Foot [Warmers](#) will keep your feet warm for eight hours and are not expensive.



Buy Shoes and Boots that Fit

One of the biggest reasons athletes develop black toenails, fungal nails, or an ingrown toenail is due to shoes or boots that are too short and too tight.

Don't assume just because you're an adult that your feet are still the same size. Many adults feet increase in size as they age.

It's important to go to a store that specializes in your particular sport, where salespeople are trained to fit you appropriately.

Socks, Hats, and Coat Drive for North Seattle Family Center

Thank you to those who've already donated a warm coat, hat or socks for our outwear drive. There's still time to give.

This year the families who use the North Seattle Family Center are in particular need of coats for kids ages 6 mos – 18 years. New and used coats are great. New socks and hats are also be greatly appreciated.

The North Seattle Family Center serves over 1,000 parents and kids each year by providing services such as healthcare enrollment, parenting classes, parent and child activities, and life skills. Many of the families who participate are new immigrants.

We'll be collecting items from now until Friday, December 16th.

Thank you for your generosity!



From the Desk of Dr. Rion Berg

Thanks so much for taking the time to read our newsletter. I hope you've found the information helpful. If you've received this newsletter online, please feel free to forward it to family or friends.

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