



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

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Struggling With Dry or Cracked Heels This Winter? (Here's what to do!)

It's February, and while Seattle's damp weather might make you think dryness isn't an issue, indoor heating can take a toll on your skin—especially your feet.



If your heels are feeling rough, cracked, or uncomfortable, you're not alone! This is a common problem during the colder months. For those with diabetes, it can be even more of a concern.

Here's how to prevent and treat this pesky problem!

Causes of Dry and Cracked Heels in Winter

Although cold, wintry air is a major culprit, certain heating methods such as wood-burning stoves, baseboard heaters, or portable space heaters can dry out the air in your home. If you're constantly using these heating options, the air can lose moisture, making your feet and heels susceptible to dryness and cracking.

Causes of Dry and Cracked Heels in People With Diabetes

Dry skin and cracked heels are especially problematic for people with diabetes and diabetic peripheral neuropathy. Normal sweat secretion and oil production is impaired, making excessively dry skin much more common in these patients.

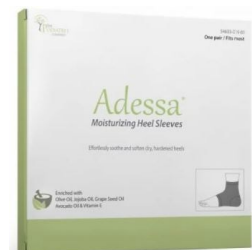
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Adessa Gel Sleeves

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Nature's Rhythm: A Watercolor Journey



Artist, Lynn Chapman

Showing through
March 17th, 2025 at
Kaffeeklatsch

25% of art sales to benefit
Lake City Helpline & Food Bank

Lynn's art opening is on Tuesday, Feb 11 from 6-8pm.



We celebrated Lucy's 36 years of service at the Foot and Ankle Center!

Cilantro Pistachio Pesto Shrimp Pasta

Pesto ingredients

- 3/4 cup packed fresh cilantro
- 1/3 cup shelled roasted pistachios
- 1 jalapeno, seeds removed
- 2 cloves garlic
- 1/2 lime, juiced
- 3 tablespoons avocado or olive oil
- 2-3 tablespoons water, to thin pesto
- 1/2 teaspoon salt
- Freshly ground black pepper

For the shrimp:

- 1/2 tablespoon olive oil
- 1 pound raw shrimp, deveined and tails off
- 1/2 teaspoon garlic powder
- Freshly ground salt and pepper

For the pasta:

- 10 oz spaghetti, gluten free if desired
- To garnish:
- 1/4 cup goat cheese
- Extra cilantro
- Chopped roasted pistachios



Source: [Ambitious Kitchen](#)

1. Make the pesto by adding the following to the bowl of a food processor: cilantro, pistachios, jalapeño, garlic cloves, lime juice, olive oil, water and salt and pepper. Process until smooth, scraping down the sides and processing again, if necessary.
2. Cook the shrimp: add olive oil to a large skillet or pan and place over medium high heat. Add in shrimp, garlic powder and salt and pepper; cook until shrimp is no longer pink. Remove from heat and set aside.
3. Cook the pasta until al dente, according to the directions on the package. Drain pasta, then add back to pot. Stir in the pesto and shrimp until well coated. Add pasta to bowls and garnish with goat cheese, a few cilantro leaves and a sprinkle of crushed pistachios. Serve immediately.

Makes about 4 servings.

Dry and cracked skin can more easily break down and cause ulcers, making it imperative for people with diabetes to keep their feet moisturized.

Tips to Prevent and Treat Dry or Cracked Heels

Choose the Right Moisturizer

Regularly applying a moisturizer is key to keeping your heels hydrated and smooth.

We'll recommend a specific cream based on your diagnosis and level of dryness, We carry the following moisturizing creams at our office.

- Amerigel
- Gormel Crème – 20% urea
- Probetic-20 – 20% urea
- Adessa Heel Liniment –30% urea
- Heel by Mod Pod – 40% urea



Gel Socks or Sleeves

Gel socks or sleeves are another excellent way to keep your feet hydrated, especially when used in combination with a moisturizing cream. They provide an immediate moisture boost and can accelerate the healing process.



Vaseline and Socks

Applying Vaseline to your feet before bedtime and covering them with socks is a low-cost solution for retaining moisture overnight.

Tolcylen Foot Soaks

Our podiatry office offers two types of foot soaks specifically designed to help with dry skin, eczema, and dermatitis:



- Tolcylen Therapeutic Foot Soak
- Daily Micro-Cleansing Foot Soak

These soaks contain moisturizers, cleansers, and conditioners to treat mild skin conditions and can provide relief from winter dryness.

[Learn more about Tolcylen Foot Soaks here!](#)

Consider Your Home's Air Quality

As mentioned earlier, certain types of heating methods can dry out your home's air making dry and cracked skin more likely. Besides changing your heating methods you can also do the following:

- Use a humidifier to maintain healthy moisture levels inside your home.
- Make sure your home is sealed to prevent the cold, dry air from outside from coming in.

While winter can be harsh on your skin, taking preventive actions to lock in moisture and hydration can help you avoid cracked heels.

Whether you opt for a rich moisturizing lotion, gel socks, or a foot soak, keeping your feet healthy and hydrated will allow you to enjoy the cooler months without discomfort.

Stop by our office at 2611 NE 125th St, Suite 130 to pick up a moisturizer. Call ahead to be sure it's in stock.

Staying Safe and Warm: Your Winter Home Guide

As winter's chill settles in, keeping your home safe becomes more important than ever. Here's how to protect your home.

Heat Safety First

Your heating system is your winter lifeline, so give it the attention it deserves. Schedule a professional to inspect your furnace, fireplace, and space heaters. Install carbon monoxide detectors on every floor of your home and replace their batteries annually to prevent deadly leaks.



Outsmarting Ice and Snow

Winter weather can turn your walkways into skating rinks. Keep your family and visitors safe by treating slippery surfaces promptly with salt or sand. This simple step can prevent painful falls and injuries.

Protecting Your Home's Structure

Your roof faces special challenges during winter. Ice dams – those troublesome ice buildups along your roof's edge – can force water under your shingles and into your home. Regular roof and gutter maintenance can help prevent this costly damage.

Be Ready for Winter's Surprises

Power outages seem to happen at the worst possible times. Keep an emergency kit ready with flashlights (and fresh batteries), first aid supplies, and other essentials.

Don't Let Your Pipes Freeze

Frozen pipes can burst and cause extensive water damage. Protect them with proper insulation, and during severe cold snaps, let faucets drip slowly to keep water moving and keep a cover on your outdoor water faucet.

Remember, taking these precautions now means more peace of mind all winter long. Stay warm and safe!

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—Dr. Rion Berg

To make an appointment, call us at 206-368-7000.

