

Foot Sense

FOOT AND ANKLE CENTER OF LAKE CITY



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8 TIPS TO KEEP YOUR FEET SAFE THIS SUMMER

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As we sail off into August, we want to make sure our feet keep working well and are pain-free so we can enjoy the rest of our summer. Perhaps you already have orthotics to keep your feet in balance or you've been to the office to alleviate an ingrown toenail. Here are eight tips to ensure your feet stay safe while you take in all the pleasures of the Pacific Northwest or wherever your feet take you.

Do-It-Yourself Pedicures

It's hard to know if a nail salon is being consistent about cleaning their tools and keeping their whirlpools clean. That's why a DIY pedicure is definitely the way to go if you want to avoid the risks that salon pedicures can bring; most frequently [toenail fungus](#).

Lather Sunscreen On Your Feet

As you lather on the sunscreen, don't skip your feet. If found on the feet, malignant melanomas are usually more advanced. To avoid this deadly cancer that can affect any age group, apply sunscreen to the top, soles, and inbetween the toes of your feet. Safer sunscreen products can be found at [Environmental Working Group's safer sunscreens](#). (over)

Fish Tacos With Watermelon Salsa

- 1/2 small red onion, finely sliced
- Juice of 2 limes, plus lime wedges for serving
- 1 jalapeno pepper, seeded and finely diced
- 1 tbsp plus 2 tsp extra virgin olive oil, plus more for brushing
- Kosher salt
- 1 lb skinless wild striped bass fillets
- 1 tsp chipotle chile powder
- 1 romaine lettuce heart, thinly sliced
- 8 corn tortillas
- 1 avocado, sliced



1. Make the watermelon salsa: Combine the watermelon, red onion, cilantro, lime juice and jalapeno in a bowl. Toss with 1 tablespoon olive oil and 1/2 teaspoon salt and set aside.

2. Preheat a grill to high. Sprinkle the fish on both sides with the chile powder and 1/2 teaspoon salt; drizzle both sides with the remaining 2 teaspoons olive oil. Brush the grill with olive oil, then add the fish and grill until marked and cooked through, 4 to 5 minutes per side. Transfer the fish to a plate and break into bite-size pieces.

3. Meanwhile, toss the lettuce with 2 tablespoons of the juices from the watermelon salsa and a pinch of salt. Warm the tortillas on the grill and fill with the fish, watermelon salsa, avocado and lettuce. Serve with lime wedges.

Photograph by Antonis Achilleos

Recipe courtesy Food Network Magazine

Wear Flip Flops to the Beach and Pool Only

I know it's all the rage to wear your flip flops everywhere these days. But unfortunately flip flops can leave your feet in a heap of pain due to their total lack of support. Common problems are [heel pain](#), sprained ankles, more rapid bunion and hammertoe formation, cracked heels, blisters, and stress fractures. So do yourself a favor, keep your flip flops for the beach and pool and wear sandals and shoes appropriate to your activity. Some great alternatives to flip flops are featured in our video "[How To Choose the Right Flip Flops for Your Feet](#)" which you can find on YouTube.

Avoid Going Barefoot

Although you just love taking off your shoes and sandals in the summer, try as much as possible to avoid going barefoot. There are just too many hazards laying around for your feet to find. Hanging out on your neighbor's deck -- splinters; walking on the sidewalk -- glass and nails; hanging out in parks -- used syringes. If you have diabetes, stepping on anything that can penetrate your foot or causes abrasions can lead to a nasty infection and ulcers. So wearing shoes at all times is a must for you.

Choose the Right Shoes for Your Activity

You wouldn't wear flip flops to play tennis because you know you'd lose the game. But it's also important to choose the right shoes and sandals for your activity. Take hiking for example. Be sure to understand the type of terrain you'll be on ahead of time. If the trails will be fairly easy without a lot of rocks and tree roots to scramble over you'll likely have sufficient support in a light trail shoe. For scrambles and walking through a stream or two, you'll need a boot that is more heavy duty to support your feet.

Remedies for Your Sweaty and Stinky Feet

Your feet are more likely to produce extra sweat and stink in the summer. Several things can really help.

- Start by preventing the sweat and stink to begin with by boiling up some black tea, let it cool, and soak your feet for 30 minutes. The tannins in the tea can decrease sweat production. Do this on a daily basis.
- Wear socks that wick away moisture. Look for fibers that do this best including Merino wool, polypropylene, or polyethylene.
- Use an ultraviolet shoe sanitizer such as [Sterishoe Ultraviolet Shoe Sanitizer](#) to kill almost all of the bacteria and fungus that cause shoes to smell.

Dry, Cracked Heels

With backless sandal wear come dry and cracked heels. Of course you can also experience dry and cracked heels for other reasons including aging and diabetes. Use a creme such as [Advanced Clinicals Cracked Heel Rough Spot Cream](#).

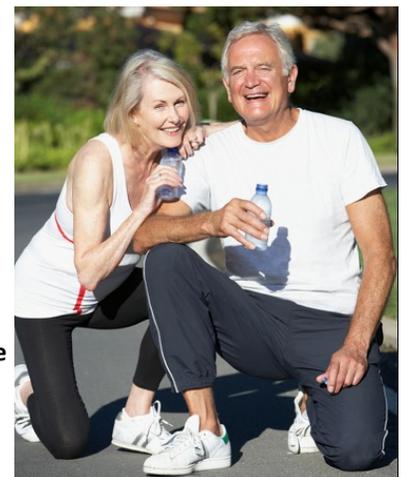
Take Off Your Shoes and Sandals At the Door

We bring in all kinds of muck from outside that's filled with bacteria and fungus. The healthiest thing to do is to take off your shoes or sandals at the door. Put on shoes, sandals, or slippers that never leave the house. It's also best to wash off your hands right afterwards to prevent spreading germs around your house.

7 Ways Runners Over 50 Can Prevent Foot and Ankle Injuries

Runners over 50 suffer from the same kind of foot problems as younger people including [plantar fasciitis](#), Achilles tendonitis, and ankle sprains. However, older adults take longer to recover from these injuries than their younger counterparts. Follow these guidelines.

- Supplement running with strength and flexibility exercises. Check out the **RBG Workout** by Ruth Bader Ginsburg's workout coach for some exercises you can do in the gym or at home.
- Always warm-up before your run. Although warm-ups are important for all runners, they are a must for older runners. I recommend [dynamic warm-ups for runners](#).
- Purchase appropriate running shoes. You can find out how in my book **The Complete Guide to Stopping Heel Pain in Runners** on my website free books page.
- Buy running shoes with more cushioning if you've lost fat from the pads of your feet.
- Wear inserts or get [custom orthotics](#) made by a podiatrist particularly if you have flat feet or another biomechanical problem.
- Eating an anti-inflammatory diet may help with age-related arthritis pain in the feet, knees, and hips.
- Take Vitamin D and eat calcium rich foods to prevent stress fractures. As we age we lose bone mass and are more prone to bone-related health problems.



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