



## 5 Hacks for Avoiding Toenail Fungus in a Nail Salon

At this time of year women love to go to nail salons or spas to get pedicures. And I don't blame them. It's a relaxing, wonderful treat to have an expert rub your feet and paint your nails. Unfortunately not all nail salons are very scrupulous when it comes to cleaning their tools or having a sanitary foot soak. Some spas have special tubs that fill with water but contain tubing that can't be cleaned.

The last thing you want from a relaxing pedicure is a nasty bacterial or fungal nail infection.

As a Seattle podiatrist, here are my recommendations to increase the likelihood that your toenails will stay beautiful and fungus free at a salon. (over)

## Vegetable Kabobs

### Ingredients

- 2 cups cremini mushrooms
- 1 cup cherry tomatoes
- 1 red bell pepper, cut into chunks
- 1 green bell pepper, cut into chunks
- 1 red onion, cut into chunks
- 1 zucchini, sliced into thick rounds
- 1 yellow zucchini, sliced into thick rounds

### For the marinade:

- 1/4 cup olive oil
- 3 cloves garlic, pressed
- Juice of 1 lemon
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Kosher salt and freshly ground black pepper, to taste

### Directions:

1. Preheat oven to 400 degrees F.
2. In a small bowl, whisk together olive oil, garlic, lemon juice, oregano and basil; season with salt and pepper, to taste.
3. Thread mushrooms, tomatoes, bell peppers, onion and zucchini onto skewers. Place skewers onto a baking sheet. Brush olive oil mixture onto the skewers and let sit for 10-15 minutes.
4. Place into oven and roast until tender, about 10-12 minutes.
5. Serve immediately.



- Find out what kind of whirlpool they use for soaking your feet. It must be the pipe-less kind such as Sanijet to ensure there is no tubing that can't be cleaned.
- Ask if nail implements are cleaned in an autoclave. Autoclaves are used in medical practices to clean their instruments using steam and pressure to eliminate any germs. Many salons use liquid disinfectants, but these only work if they are left to soak for at least 20 minutes.
- If you can't check out the cleaning procedures ahead of time, bring your own nail implements so you are guaranteed they are sanitary.
- Never allow them to cut your cuticles. Your cuticles are meant to protect your nails from bacterial or fungal invasion. Cutting them takes away that protection.
- Make sure that your technician cuts your nails straight across, to [prevent your toenails from becoming ingrown](#).

Finally, if you have diabetes or have a compromised immune system you need to avoid nail salons altogether. Nail infections can turn into ulcers and can be potentially life threatening.

**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](#).**



### Summer Safety Tips for Kids and Grandkids

As we see more hot days (finally!) your kids or grandkids are going to be doing lots of running, jumping, swimming or whatever sport they're into. Here are some quick tips to keep them safe:

#### Shoes

Make sure your child is wearing supportive shoes that provide adequate foot protection for the activity they engage in. For example, if they're going to the playground make sure they aren't wearing flip flops.

#### Keep their Feet Covered

Kids love to run around barefoot and who can blame them. Even though grass or other surfaces might seem safe there are always hidden stones and other objects that could bruise or puncture their feet, so keep them covered.

#### Bicycle safety

Biking is a great activity for kids but it's incredibly important to make sure they are wearing their helmet properly to prevent concussions if they fall. Helmets need to fit snugly, sit low on the forehead, form a V under the ears, and fit tight under the chin. You should not be able to rock the helmet back and forth.

#### Swimming

For younger children that don't know how to swim, purchase a Coast guard approved life jacket.

#### Sun protection

Babies under 6 months should be kept out of the sun as much as possible. Use sunblock instead of sunscreen on older kids to prevent the sun's damaging rays from getting through. Sunblock does not include the chemicals that sunscreen does. Look for sunblock with zinc and titanium oxide with a level of protection of at least SPF 30.