

Foot Sense

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How to Keep Your Feet Warm, Dry, and Pain Free This Winter

Keeping feet warm and dry in the winter is a constant problem for many of us in the Northwest. It can be most problematic for older adults with poor circulation and for those who like to run in the winter or hike and ski in our Northwest Mountains. Wet conditions, freezing temperatures, and the wrong socks can lead to cold, damp, and blistered feet.

Winter can also be painful for those who have [bunions](#) and hammertoes when wearing closed toed shoes are necessary.

What can you do to keep your feet warm, dry and pain-free? (Turn over for some sure fire solutions..)

Flourless Pumpkin Chocolate Chip Cookies

- 1/2 cup canned pumpkin not pumpkin pie filling
- 2 tablespoons honey
- 1 large egg
- 1/2 teaspoon vanilla extract
- 2 tablespoons brown sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon pumpkin pie spice
- 1 teaspoon baking soda
- Pinch of salt
- 1 cup oat flour oats that have been pulverized
- 1/2 cup dark chocolate chips or milk chocolate, semi-sweet, or nuts
- 1/4 cup chocolate chunks optional

1. In a bowl, beat together the pumpkin, honey, egg, and vanilla extract. Beat in the brown sugar In another bowl, stir together the cinnamon, pumpkin pie spice, baking soda, salt, and oat flour. Pulverize the oats in a **food processor until they are a flour-like consistency. Measure the oats after turning them into flour.** (Be sure to buy gluten-free oats to make this truly gluten-free).

2. Combine the wet and dry and mix until just combined. Do not overstir.

3. Stir in the chocolate chips.

4. Chill the dough for 30 minutes and then preheat the oven to 350 degrees F.

5. Using a cookie scoop, scoop out the dough onto a cookie sheet.

6. Press the chocolate chunks (and extra chocolate chips if desired) into the tops of these cookies and bake for 6-8 minutes.



From the American Diabetes Association

- **Wear proper socks.** Socks that contain wool and wick away moisture from your feet are best to keep them dry and prevent blistering. I recommend SmartWool Trekking Heavy Crew Socks to my patients who hike, ski or have circulatory problems. For runners, I suggest SmartWool PhD Running Socks.
- **Avoid tight footwear.** It can inhibit circulation of the blood vessels in the lower extremities and cause cold feet.
- **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. If you plan to use two pairs of socks you might need to buy shoes a half size larger.
- **Use foot warmers.** Bio-World Disposable Foot Warmers will keep your feet warm for eight hours and are not expensive.
- **Purchase shoes for bunions and hammertoes.** Shoes with a larger and deeper toe box and softer leather are key for preventing or reducing pain. Kirsten Borriuk of Barking Dog Shoes [recommends these shoes for bunions](#) and these [shoes for hammertoes and/or bunions](#).
- **Check your shoes or boots and purchase for your particular sport.** Always wear footwear designed for the sport you love. e.g. day hiking boots vs. backpacking hiking boots. Also, before you go out hiking, check your boots for wear. If your shoes no longer provide proper support or are the soles have worn out unevenly you're much more likely to sprain an ankle, trip and fall, particularly in snowy or wet weather. Waterproof trail shoes may be your best bet if you know that you plan to run on snowy or wet trails.



7 Ways to Exercise as a Family Over the Holidays

Getting enough exercise during the winter can be challenging. Not many of us want to go running or walking when it's dark and rainy. Kids and adults are much more likely to sit in front of the TV and play video games rather than be physically active. Here are some ideas to get your family moving.

1. Throw a dance party. In addition to trimming the tree or lighting the menorah, crank up some upbeat music and get moving. Bonus points for the kid who comes up with the craziest, sweatiest dance move!
2. Instead of passing up the TV commercials, use them to do some group push-ups, sit ups, or jumping jacks.
3. Have a dog? That's great. People who have dogs must walk regardless of the conditions outside. Make this a family event and add an extra block or two to your typical route.
4. Hit the mall. You're already going to do your holiday shopping. Go with the whole family and walk at a brisker pace than usual to get in some cardio.

5. Walk to the store instead of driving. If you live 2 miles or less from the store and you need just a few items, gather up the family and enjoy the sites along the way.

6. Go up to [Snoqualmie Pass](#) and go skiing or sledding. With all the snow we've been having, the mountains are the perfect place to bring the kids for a great day of outdoor fun.

7. Head to an ice rink. Go to the [Winterfest Ice Rink](#) in the Fisher Pavilion at Seattle Center or if you want to avoid the traffic head over to the [Highline Ice Arena](#) in Shoreline if you live in the Northend.