

Foot Sense

FOOT AND ANKLE CENTER OF LAKE CITY



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5 Tips to Get Your Feet Ready for the Holidays

Chanukah is here and Christmas is just around the corner. Let the celebrating begin. But wait! Before you do, as a [Seattle podiatrist](#) I wouldn't be getting you in the proper mood for celebrating if I didn't give you my top 5 tips for getting your feet ready to for the holidays.

Get rid of dry feet

No one likes the look of rough, dry skin on the feet. It can be merely unsightly or it can lead to infection, cracking, and pain. People with a chronic condition such as diabetes or an auto-immune disorder can be particularly at risk. Skin softening and deep moisturizing creams can be a tremendous help. You can try a foot cream like [Gold Bond Foot Softening Cream](#) or a [gel sock](#) if you have a mild to moderate skin dryness. For more severe cracking and pain you should see a podiatrist to make

sure your feet aren't infected. At the Foot and Ankle Center of Lake City we have creams that contain urea for more advanced heel and foot dryness.

Get your feet ready for the dance floor

Before hitting the dance floor, make sure you inspect your feet for [ingrown toenails](#), corns, and calluses. If you're experiencing any of these problems, call us and we'll take care of your feet so you don't ruin your holiday fun.

Roasted Sweet Potato, Pear, and Onion

- 2 Bartlett pears, about 14 oz, cored and cut into wedges
- 2 small red onions, cut into wedges
- 2 small sweet potatoes (about 1 lb), cut into 1/2-inch-thick half-moons
- 6 sprigs thyme, plus more for serving
- 3 tbsp. olive oil
- Kosher salt
- Pepper

Instructions

1. Heat oven to 425°F. On large rimmed baking sheet, toss pears, onions, sweet potatoes, and thyme with olive oil and 1 teaspoon each salt and pepper. Roast until golden brown and tender, 35 to 45 minutes.
2. Sprinkle with additional thyme if desired.

[From the Good Housekeeping Test Kitchen](#)



Give your toenails a nail polish break

Most nail polishes contain chemicals that can cause your toenails to become dry and brittle. Winter is a great time to give your toenails a break. But if you plan to be in a warmer climate for the holidays or wear open-toed sandals as part of your celebration, use a safer polish like [Dr.'s Remedy](#). It doesn't contain the harmful chemicals found in most polish and won't weaken your nails making them more susceptible to [toenail fungus](#).

Bring along an extra pair of shoes

Although I never advocate high heels, I know you're likely to wear them when you're out celebrating. Do yourself a favor. Bring a second pair of shoes with you. A one inch heel is best with a larger toebox. That way if your feet are killing you, you'll have a backup plan.

Watch out for slippery conditions

The last thing you're going to want for Christmas is a sprained or broken ankle. Wear your flatter shoes when walking to and from your celebrations. If you do twist an ankle be sure to follow the RICE protocol (Rest, Ice, Compression, and Elevation) until you can call your podiatrist.

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](#).



Drop Off A New Pair of Socks for a Homeless Child or Parent

Help a child or parent experiencing homelessness stay warm this Holiday Season! Don't forget to drop off a new pair of socks at our office through Dec 14th. Thanks so much!

Give Yourself the Gift of Peace this Holiday Season

Do you often feel guilty around the holidays because you can't go to every party you're invited to and be with all the people you're close to? You're not alone. This can be a particularly tough time of year if you have a lot of anxiety, depression, or you're an introvert.

It's time to stop feeling guilty and give yourself the gift of taking time for you. Don't apologize for needing to recharge your batteries.

Instead take a walk in nature. Meditate. Listen to soothing music. Talk to a friend you trust or a therapist. Do whatever gives you a sense of peace.



Key Take Aways From the New 2018 Physical Activity Guidelines for Americans

Just in time for the holidays, the American Medical Association released the 2018 Physical Activity Guidelines for Americans. Most of the key take aways were not surprising. Sit less, move more. Try to get at least 75 mins of vigorous aerobic exercise each week (running), 150 mins of moderate aerobic activity (brisk walking) or some combination of the two. Fortunately, many of the recommendations focused on ensuring any amount of movement is better than no movement. Also, in the past the guidelines stated only movement of 10-15 mins or longer counted, but now it's OK to accumulate physical activity throughout the day. A good example would be parking further away from the store to get in extra steps or taking the stairs instead of the elevator. The same guidelines apply to older adults but in addition they should add in muscle-strengthening and balance training as well as modifying their activities to accommodate a chronic illness.