



FOOT SENSE

A monthly newsletter from your podiatrist



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The Essential Guide to Prevent Foot Pain When Travelling

Now that we can travel again, many of us are looking forward to getting out of town. No matter what kind of vacation you take it will certainly entail more walking or hiking than you normally do.

To prevent a whole host of foot problems, use the following guide to help you prepare successfully for your vacation.



Give Your Shoes Road Time Before Your Trip

Although a lot of shoes and boots these days don't necessarily require break-in time, some do. It's best not to bring your new kicks on vacation no matter how pretty they are. If they're shoes you're planning to wear all day long make sure to give them some road time before you take off for your trip.

Keep in mind that shoes should not fit tightly in the shoe store. You should have at least a thumbs length of wiggle room in the toes. And be sure your heels don't slip or you'll end up with blisters.

Shop for shoes toward the end of the day when feet are most likely to swell.

Choose the Right Shoe for Your Activity

Make sure you have sturdy shoes or sandals that won't easily bend in the middle or twist easily when you try to wring them out like a rag.

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Time to pretty up your toenails

Dr.'s Remedy Enriched
Nail Polish
\$17





The Bergs getting their boat ready for sailing



Celebrating our Marketing Director's, Lynn Chapman, 65th birthday

Ahi Poke Bowl

For a delicious change of pace in the heat of the summer try this no-cook Ahi Poke Bowl.

- 1/4 c. low-sodium soy sauce
- 2 tsp. rice vinegar
- 2 tsp. sesame oil
- 1 tsp. freshly grated ginger
- Pinch of crushed red pepper flakes
- 2 green onions, thinly sliced, plus more for garnish
- 1 tsp. toasted sesame seeds, plus more for garnish
- 1 lb. sushi-grade ahi tuna, cut into bite-size pieces



For serving:

- Cooked white or brown rice
- Slice avocado
- Sliced cucumber
- Edamame
- Shredded carrots
- Sliced radish

Directions

In a large bowl, whisk together soy sauce, rice vinegar, sesame oil, ginger, red pepper flakes, green onions, and sesame seeds. Add tuna and toss to coat. Refrigerate for at least 15 minutes or up to 1 hour.

To serve, add rice to the bottom of four bowls. Top with tuna and toppings of your choice. Garnish with green onions and sesame seeds before serving.

Recipe by Lena Abraham

<https://www.delish.com/cooking/recipe-ideas/a26146740/ahi-poke-bowls/>

The Essential Guide (from Page 1)

Avoid wearing flip flops except on the beach. Wearing flip flops for long distances can lead to

[plantar fasciitis](#) and

[neuromas](#). Better sandals

are those with an arch and with straps that secure your foot.



Ballet flats and other flat shoes should also be avoided except for casual wear.

Be sure to bring appropriate hiking boots for the type of terrain you plan to hike on, tennis shoes for tennis, and so on.

Choose the Right Socks

Equally important as choosing the right shoes are wearing the right socks. Avoid cotton socks and instead choose socks made with synthetic fibers or wool; these materials wick away moisture, decrease friction, prevent blistering, and reduce odor.

Good examples are Yingdi Copper Socks made for men and women which contain copper fiber, a synthetic called SUPPLEX, and spandex or Darn Tough Hiking Socks made of merino wool, nylon, and spandex.

In addition, to reduce fatigue you might consider buying a support stocking. Although that might conjure up an image of granny in her rocking chair, today these socks are also used by nurses who spend long hours on their feet and athletes who want to improve their performance.

They are also very helpful if you're going to spend many hours on a plane.

Support socks work by providing a mild squeezing action to support enhanced blood flow and reduce swelling. Some examples of this type of sock are Copper Compression Socks made by FuelMeFoot or the [more colorful compression socks by L-lweik](#).

Purchase an Over-the-Counter Orthotic

To reduce the stress on your feet while traveling, it's a really good idea to purchase an over-the-counter orthotic.

Many people wear sneakers for the majority of their vacation time. Supportive sneakers are great; however, the inserts that comes with them do not provide any additional support.

You can purchase either Powerstep orthotics or Superfeet. These inserts are also a good prevention tool if you tend to develop mild plantar fasciitis.

Don't Forget Your Custom Orthotics

For travelers with flat feet who tend to develop moderate to severe plantar fasciitis, don't leave home without taking your orthotics with you.



You'll need them more than ever as you put in the extra miles. If your orthotics are giving you pain, don't feel quite right, or are over seven years old it's time to see your Seattle podiatrist for an evaluation.

Orthotics that are worn down and painful won't provide proper support. If your orthotics look shabby but still feel fine, your podiatrist can refurbish them for you.

Bring a First Aid Kit for Your Feet

It's always a good idea to pack a first aid kit for your feet. Be sure to include bandages, blister pads or surgical tape, a topical antibiotic, tweezers and toenail clippers.

Tips for Air Travel

Be sure to wear socks with your shoes or sandals so when you go through security you don't pick up a fungal infection.

Will Sunscreen Keep Me From Producing Enough Vitamin D?

In the past few years there's been a lot of talk about our need for Vitamin D to prevent osteoporosis and other diseases. Because much of our Vitamin D production occurs in response to direct sunlight, some folks in the media have talked about avoiding sunscreen. The concern is that sunscreen will block out the sun's rays.

But this is a big mistake. We need protection from the sun to avoid skin cancer as much as we need Vitamin D. Believe it or not, even Puget Sound has high skin cancer rates. Perhaps it's because we slack off when the clouds are out.

But also, according to the Skin Cancer Foundation, studies have never found use of sunscreen leads to Vitamin D deficiency. If you're concerned about being deficient in Vitamin D, ask your doctor to run a Vitamin D level. In addition to sun exposure you can take Vitamin D supplements and also eat salmon or tuna fish and drink milk.

You may wonder, what's the best sunscreen? The SPF rating and how you use sunscreen are more important than the brand you choose. Use sunscreens that are rated between 30-50 SPF. If you've had skin cancer go with a protection rating of 45 or above. Use at least 15 to 30 minutes before exposure, so before you leave home. Re-apply every two hours.

Don't forget to use sunscreen on your feet including the bottoms and in between toes. The death rate from foot melanoma is much higher when it's found on the feet than on other parts of the body because it's much harder to detect.

Sources: Skin Cancer Foundation and Cleveland Clinic

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