



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

June 2021

8 Tips to Keep Your Feet Safe This Summer

It's June! We finally have a good dose of sun and we're ready to embrace all the pleasures of the season. To do so we need to keep our feet pain-free and in tip top shape to last us the rest of the 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 great tips to ensure your feet stay safe while you take in all the Pacific Northwest has to offer.

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 in more advanced stages. To avoid this deadly cancer, apply sunscreen to the top, soles, and in between the toes of your feet. Safer sunscreen products can be found by checking out the Environmental Working Group's safer sunscreens.

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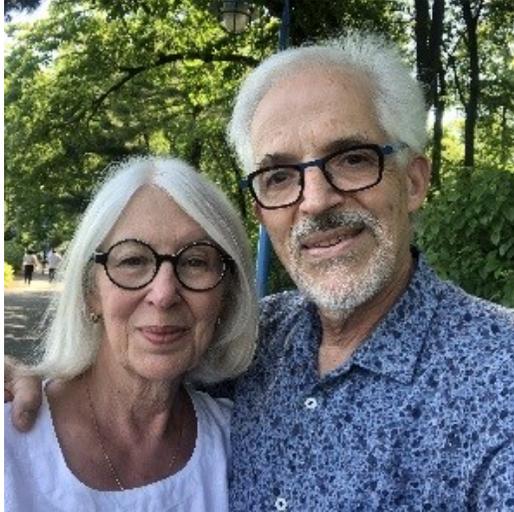
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Pick up some Gormel Creme to alleviate your cracked heels
\$35



Dr. Berg Out and About



Dr. Bernie Berg

Sailing on Duet

Dr. "Bernie" Berg (Dr. Berg's dad) not only inspired his son to become a podiatrist but instilled in him a love for sailing.

Chinese Chicken Salad

For the chicken:

- chicken breasts
- soy sauce or tamari
- hoisin sauce
- sesame oil
- tsp pepper

For the salad:

- napa cabbage
- carrot
- shelled edamame
- green onion
- ramen noodles
- almonds
- sesame seeds
- cilantro (optional)

For the dressing:

- olive oil or a neutral vegetable oil
- honey
- rice wine vinegar
- freshly grated ginger
- soy sauce
- sesame oil
- salt + pepper

[The BEST Chinese Chicken Salad Recipe - The Healthy Maven](#)



Step 1: Marinate chicken in combination of soy sauce, hoisin sauce, sesame oil and pepper in a large bowl for 30 minutes.

Step 2: Preheat oven to 350 degrees F. Bake chicken (with any remaining marinade juices) in a shallow dish for 15-20 minutes or until chicken runs clear. Let chicken rest for 5 minutes and then cut into thin strips. You can also choose to grill the chicken if you prefer.

Step 3: Combine cabbage, carrots, edamame and onion in a large salad bowl.

Step 4: Heat a skillet over medium-high heat and add almonds. Cook for about 2 minutes and then add ramen noodles to toast for another 2 minutes or starting to brown. Add sesame seeds and cook for 1 more minute or until everything is lightly browned.

Step 5: Combine all dressing ingredients in a bowl or jar.

Step 6: Add almond mixture to salad and top with chicken, cilantro (if using) and desired amount of dressing. Mix well.

8 Tips for Summer (from Page 1)

Wear Flip Flops to the Beach and Pool Only

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 hammer toe 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 regular flip flops are Vionic Wave Toe Post Sandals and Tevas.



Vionic Wave Toe Post Sandal

Don't Go 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 cause 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. Choosing the right shoe for your activity is also important to prevent foot and ankle problems.

Take hiking for example. Learn the type of terrain you'll be on ahead of time. If the trails are fairly easy without a lot of rocks and tree roots, try a light trail shoe.

Planning to scramble and walk through a stream or two? Choose a boot that's heavy duty to provide the support you'll need. Check out REI for how to choose hiking boots.

Remedies for Your Sweaty and Stinky Feet

Our feet sweat and stink more in the summer. Several things can really help.



Pedifix Shoe Zap

- 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 Pedifix Shoe Zap 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 Gormel with 20% Urea available at our office.

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.

5 Types of Exercise to Build Strong Bones

Having strong bones is critical as we age. Poor bone density increases the likelihood of breaking a bone when we fall. When we're young it's easy to add new bone mass, but after age 30 it starts to decline. Women are at particular risk for developing osteoporosis after menopause but men can also develop this bone loss disease.

Exercise is essential to maintain and increase bone strength. According to Healthbeat of the Harvard Medical School, exercises should include the following features to be effective.



- Provide resistance—think dumbbells, elastic bands, or your own body weight.
- Weight bearing—any activity where you carry your body weight such as walking, running, dancing, hiking, golfing.
- Provide impact—think aerobics, jump roping, running, shooting baskets
- Higher velocity—the faster you do an activity the higher the velocity or speed. Think fast walking or running vs. jogging
- Sudden change of direction—rapid turns and change in direction helps improve bone density. Think tennis, squash, and soccer
- Improve balance—while these won't help build bone density these exercises will help prevent falls. Think yoga and tai chi.

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