



# FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

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## One Year Later: What We've Learned Since Introducing the Lunula Laser

Last year, we introduced the Lunula Laser to our practice as an exciting new treatment option for patients struggling with fungal toenails. Now, after treating patients with this technology for more than a year, we want to share an update.

Actual patient treated in our clinic



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Simply put, we're more excited about the Lunula Laser today than when we first introduced it.

**Many of our patients begin seeing significant improvement within 6 months and many of them in as little as 3!**

This is a breakthrough over what we've been able to offer before.

### What Makes the Lunula Laser Different?

Unlike other laser treatments for fungal toenails, the Lunula Laser uses two separate lasers that work together to help eliminate the fungal infection.



The first laser creates a chemical reaction that targets and destroys fungal cells.

### Need An Insert for Your Shoes?

Redithotics \$40-\$50



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Wife Michele and  
Whidbey



Lynn is busy painting

### Easy Bruschetta Chicken

- 6 boneless chicken breasts, pounded thin
  - 2 tablespoons extra virgin olive oil
  - 2 teaspoons fig preserves (*optional*)
  - 1 tablespoon champagne or balsamic vinegar
  - 2 tablespoons Italian seasoning
  - 1 teaspoon dried oregano
  - 1 clove garlic, chopped
  - 1/4 cup fresh basil, chopped
  - salt, black pepper, and chili flakes to taste
- Marinated Tomatoes*
- 1/2 cup extra virgin olive oil
  - 2 tablespoons champagne or balsamic vinegar
  - 1 teaspoon fig preserves (*optional*)
  - 1 tablespoon honey
  - 1 shallot, chopped
  - 2 cloves garlic, chopped
  - 3 cups cherry tomatoes, halved
  - 1 cup fresh basil, chopped



Source: [Half Baked Harvest](#)

### Directions

1. Preheat the oven to 400°F.
2. In a bowl, combine the chicken, olive oil, fig preserves, if using, vinegar, Italian seasoning, oregano, garlic, basil, salt, pepper, and chili flakes. Let sit for 5 minutes or up to overnight in the fridge.
3. Meanwhile, make the tomatoes. Mix all ingredients in a bowl. Season with salt, pepper, and chili flakes.
4. Heat a large skillet over medium-high heat. Add the chicken and the marinade left in the bowl. Sear on both sides until golden, 3 minutes per side. Top each piece of chicken with cheese and spoon over 2 big spoonfuls of the tomatoes. Bake 10 minutes, until the cheese is melted and the chicken is cooked throughout.
5. Finish with the remaining tomatoes and basil. Serve with lots of yummy crusty bread or pasta!

The second laser stimulates your body's natural immune response by increasing circulation to the nail bed. This helps create an environment that supports healthier nail growth.

By combining these two mechanisms, the Lunula Laser offers a unique approach to treating fungal toenails.

### Why Patients Like It

Over the past year, we've found that patients appreciate several advantages of the Lunula Laser:

#### *Pain-Free Treatment*

Because the Lunula Laser does not generate heat, treatments are comfortable and painless. Most patients simply sit back and relax during their appointments.

#### *Quick and Convenient*

Each treatment session takes 12 minutes per foot making it easy to fit into even the busiest schedule.

#### *No Need for Oral Medications*

While some patients still opt for taking orals along with the laser and other topicals, most don't need it.

### Comprehensive Treatment Is Still Needed

While our Lunula laser is impressive, we still provide comprehensive treatment because fungus doesn't just live in the nail.

- It also hides underneath the nail
- In the surrounding skin
- Inside your shoes

If those areas aren't treated, reinfection is almost inevitable — no matter how good the laser is.

That's exactly why we've continued to offer a comprehensive treatment program designed to

Our Laser Treatment Program combines:

- a series of 6 Lunula laser sessions
- advanced topical medications to treat both the nail and the surrounding skin.
- antimicrobial shoe spray to eliminate fungus living inside your footwear (one of the most overlooked sources of reinfection).
- a therapeutic foot soak as an additional layer of protection.
- Follow-up care is built into the program at three and six months as well as education to keep nails healthy as they grow out.



When patients commit to this full program, **we're seeing success rates in the range of 80 to 90 percent.**

### Preventing Toenail Fungus

To prevent recurrence or an initial infection follow these recommendations.

- Wear socks that wick away moisture
- Disinfect home pedicure tools before and after use and avoid sharing to prevent spread of fungus in your household
- Prevent toenail damage by keeping toenails short and avoiding shoes that are too short or tight
- Wear flip flops or shower shoes in these areas whenever possible to protect your feet from exposure to other people's foot problems.
- Avoid nail salons that don't properly clean their equipment

## Flip Flops: Fun in the Sun or a Foot Nightmare?

Traditional flip flops are perfect for the beach or pool — but that's where their usefulness ends. If your sandal folds in half and twists like a wet noodle, it's not built for much else. Planning to do more than splash around? Follow these tips to keep your feet happy:

### 1. **Step Up Your Sandal Game**

Several brands now engineer flip flops for active wear. Vionic's Unisex Wave Toe Post Sandal bends only at the ball of the foot, offers arch support, and has a slight heel elevation — ideal for a stroll along the Edmonds waterfront or a neighborhood walk.

### 2. **Go the Distance**

Longer walks or light hikes demand more. Sandals from Naot, Chaco, and Teva feature toe and ankle strapping, solid arch support, and toe freedom — so you can explore without rolling an ankle.

### 3. **Choose Leather** A leather footbed is worth every penny. It molds to your foot, reduces friction, and keeps blisters at bay.

### 4. **Mind the Overhang**

Toes dangling off the edge? That's a stubbed toe waiting to happen. Fit matters.

### 5. **Don't Ignore That Pinching Between Your Toes**

Persistent rubbing between the big toe and second toe isn't just annoying — it can cause blisters that open the door to infection.

### 6. **Pack a Backup Pair** Toss an extra pair of sandals or sneakers in your bag. When the activity level picks up, your feet will thank you for the upgrade.



### Which Would You Choose?

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—Dr. Rion Berg



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