



# FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

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## How to Prevent and Get Rid of Thick or Fungal Toenails

As the sun makes its appearance in Seattle, the women in my life are starting to strap on their sandals. While many people celebrate the ability to get out of their cramped, closed toed shoes, others wish they could hide them away all year long.



If you fall into this second category you likely have fungal toenails or toenails that don't look very attractive. And you're not alone. Thirty-six million Americans suffer from fungal nails. Lot's of other people have had trauma to their nails, making them dystrophic (thick or misshapen). Some people have a combination of thick and fungal nails.

While not everyone gets fungus or dystrophic toenails, there are multiple factors that can increase your risk.

- Wearing closed, tight shoes along with cotton socks that retain moisture.
- Trauma to the nail—either by direct injury such as stubbing your toe or repetitive trauma (common in runners and other athletes, particularly if shoes are too short).
- Lack of clean protective footwear at pools and athletic clubs.
- Aging—as people age they are more likely to have trauma to the nail and more opportunity for exposure to fungus.

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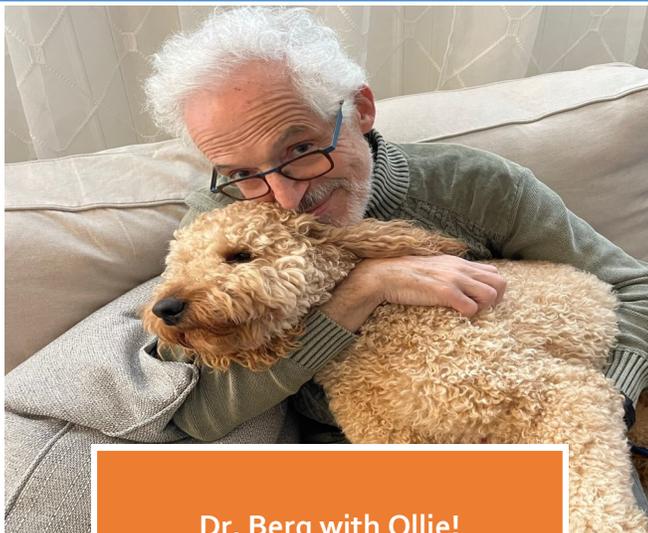
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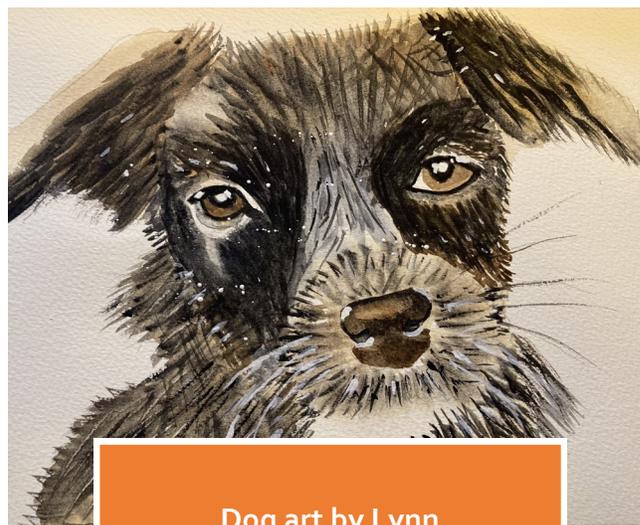
Visco-Gel Dual Action  
Toe Spacer/Bunion  
Guard

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Dr. Berg with Ollie!



Dog art by Lynn

## Roasted Carrot Cauliflower Quinoa Salad

By Ambitious Kitchen

- 4 medium carrots (or 3 large), cut in half lengthwise and then cut into 2 inch segments/chunks
- 2 cups small to medium cauliflower florets
- 1 tablespoon avocado oil or olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper, if you like a little heat
- Freshly ground salt and pepper
- 3/4 cup quinoa
- 1 1/2 cups water
- 1/3 cup diced green onion
- 1/3 cup cilantro
- 1/3 cup flat leaf parsley
- 1/3 cup chopped pitted Medjool dates (or sub dried cherries)
- 1/3 cup shelled roasted and salted pistachios (or sub roasted almonds)
- 3/4 cup thawed frozen peas, optional

Sunshine Dressing Recipe



Directions:

1. Preheat the oven to 400 degrees F. Line a large pan with parchment paper and add carrots and cauliflower; drizzle with olive oil and sprinkle with cumin, turmeric, garlic powder, cayenne and salt and pepper. Toss well to combine and coat the veggies with the oil and spices. Roast for 25-30 minutes or until carrots and cauliflower are tender and golden; flip veggies halfway through to ensure even roasting.
2. While the veggies are roasting, you can cook your quinoa: add in quinoa and water to a medium pot and bring mixture to a boil, then cover, reduce heat to low and cook for exactly 15 minutes. After 15 minutes, remove from heat and fluff quinoa with a fork, then replace the lid and allow quinoa to steam for 5-10 more minutes.
3. Once quinoa is done cooking, add to a large bowl, then add in the roasted carrots and cauliflower, green onion, cilantro, parsley, chopped dates, pistachios and peas.
4. Make the sunshine dressing and pour over the salad, mixing well to combine. Or use any creamy salad dressing you enjoy.

- Diabetes, HIV, and medications which decrease the strength of the immune system increases the risk of developing a fungal toenail infection.
- Nail disorders such as psoriasis or eczema can also cause nail changes that mimic fungus.

## Treating Thick or Fungal Toenails

Fortunately, our office has lots of fungus fighting nail treatments to help you. Some of these same treatments can also help with your nail's appearance, even if it turns out not to be fungus.



Since 2012, our office has been offering a [comprehensive laser treatment program](#) to our patients with toenail fungus.

We've learned a great deal about what works and what doesn't.

Here is what we've found to be very effective for most of our patients.

- Three treatments with [PinPointe FootLaser™](#) therapy.
- Use of a Shoe Zap Ultraviolet Shoe Sanitizer to sterilize your shoes while you're receiving treatment.
- Application of [Tolcayen topicals](#) to toenails and surrounding skin. These products not only reduce fungus on the skin and nails but can improve the appearance of nails.
- A short course of oral medications to improve your treatment's success rate.

## Prevention of Toenail Fungus

- Inspect your feet daily for thick or discolored toenails or cuts or cracks in the skin—all of which can indicate fungus. Catching fungus early can make it easier to treat.
- Keep your feet clean and dry. Use a high-quality talcum (not cornstarch) powder to discourage excessive moisture.
- Wear shower shoes in public facilities whenever possible.
- Clip nails straight across so that the nail does not extend beyond the tip of the toe.
- Wear socks made of synthetic fiber to "wick" away moisture.
- [Check out the hygiene practices of your nail salon.](#)
- Wear clear, dry, well-fitting, and breathable shoes to help prevent toenail injuries.
- If you wear nail polish, use one like [Dr.'s Remedy](#). This non-toxic polish won't weaken your nails making them more vulnerable to fungus.



## Oh No, I Can't Find My Favorite Brand of Shoes!

Because of the pandemic and supply chain issues, many of us are having trouble buying our favorite brands. And that goes for shoes too!

During my visit with Jason Brown of Sole Perfection Shoes, I learned that they've been having a hard time getting in certain brands of tennis shoes, namely New Balance and Brooks.

While I often recommend these brands to my patients, lately I've also been recommending a newer brand, Hoka, for a whole host of reasons.



Hoka

- They are very lightweight.
- Have a lot of cushion and shock absorption which is great for people who stand at work and need to protect their joints.
- Have a rocker sole. This is perfect for patients with Hallux rigidus, pain in the ball of the foot, or for those who have arthritis. The rocker allows you to roll through the point of pain.

### ***From the Desk of Dr. Rion Berg***

Thanks so much for taking the time to read our newsletter. I hope you've found the information helpful. If you've received this newsletter online, please feel free to forward it to family or friends.

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