



# FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

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## 5 Common Causes of Itchy Feet

One of the most annoying problems I see in my patients is itchy feet. It's tough to concentrate on other things when all you can think about is stopping the itch.

While bug bites and dry skin are quite common causes of itchy skin, other less obvious conditions can also cause be the source of this problem.

If you've already tried some treatments on your own but you're still plagued by itchy skin, make an appointment at our office today to get this problem resolved.



Here are the 5 most common causes of itchy feet I see:

### Athlete's Foot

Athlete's foot is caused by a fungus that's usually found between the toes. The reason it's called athlete's foot is because you can easily pick up the fungus in gym locker rooms, showers, and swimming pools.

In addition, the inside of athlete's shoes are dark and humid the perfect environment for fungus to grow. Don't put off getting this treated since it can spread to the bottom of your feet and to your toenails.

When athlete's foot fungus infects your toes, you've developed fungal toenails. Toenail fungus in particular can be very hard to treat.

Apply an over-the-counter powder or cream to the affected areas as directed on the label for up to 1-2 weeks. Effective creams include Lotrimin AF, Lamisil, and Tinactin. More persistent cases will need a prescription from a podiatrist.

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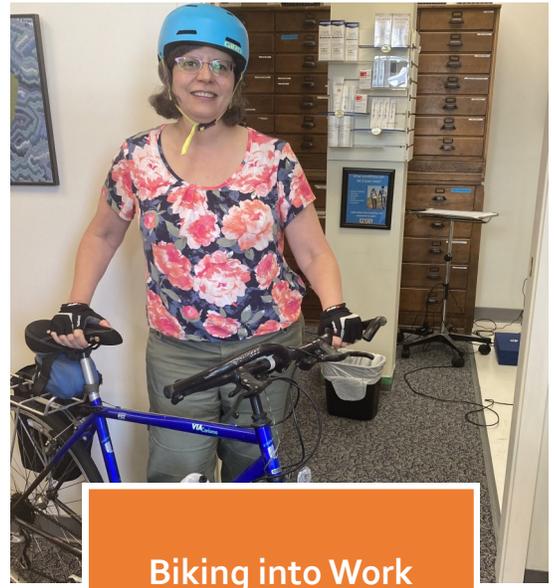
Gormel Cream for Dry, Itchy Feet

\$35





Sailing in the Gulf Islands



Biking into Work

## One Pan Sazon Skillet Chicken

- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1/2 teaspoon garlic powder
- 1/2 teaspoon oregano
- 1/2 teaspoon salt
- Freshly ground black pepper
- 1/4 teaspoon cayenne
- 1 1/2 tablespoons olive oil or avocado oil, divided
- 1 pound boneless skinless chicken breast, chopped into 1/2 inch cubes
- 3 garlic cloves, minced



Source: [Ambitious Kitchen](#)

- 1/2 medium yellow onion, diced
- 1 red bell pepper, chopped
- 1 medium zucchini, sliced and quartered
- 3/4 cup corn off the cob, from 1 large ear or corn (or use frozen or canned corn)
- 1 (15 ounce) can black beans, rinsed and drained
- Cooked rice
- Additional salt and pepper, to taste
  - Optional, but recommended: 3/4 cup shredded cheddar

### Directions:

In a small bowl, mix together the spices for the homemade sazon seasoning. Set aside.

Add 1 tablespoon of oil to a large deep skillet or pot and place over medium high heat. Add in diced chicken then sprinkle with HALF of the sazon spices, stirring well to coat the chicken. Cook for 6-8 minutes until the chicken is fully cooked and no longer pink. Once chicken is cooked, transfer it to a large bowl and set aside. Keep heat in the pan.

Add another 1/2 tablespoon of oil to the pan and add in the garlic, yellow onion and bell pepper. Saute for 3-5 minutes until onion is tender, then add in the zucchini, corn black beans and remaining half of the sazon spice mixture. Stir to coat, then cook for 5-10 more minutes until the zucchini gets a little fork tender, but do not overcook or it will become mushy. Next, add the chicken back in and cook for a few more minutes to bring flavors all together. Reduce heat to low and add 3/4 cup shredded cheddar cheese on top, then cover and allow cheese to melt; this should only take 3-5 minutes.

Serve on its own or over rice.

## Diabetes and Dry Skin

Dry feet are very common in people with diabetes and can make your feet itch.

When dry skin cracks or breaks down, wounds often develop which can take a long time to heal. To prevent dry skin from developing we recommend using a really good moisturizer and [gel socks](#).

To treat very dry skin we recommend a moisturizer with urea.

## Dermatitis

Many people have allergic reactions to natural allergens such as poison oak or chemical allergens such as clothing dyes, adhesives found in bandages, soaps, detergents, rubber in shoes, and fragrance.

These allergies aren't always apparent since it can take many days for the reaction to occur. In addition to itching, you may also experience redness, heat, and swelling. An over-the-counter steroid can help but if the condition keeps coming back it's important to eliminate the potential culprit.



## Eczema

Sometimes itchy skin on the feet can be a sign of a hereditary condition called [eczema](#). People with eczema have an over-reactive immune system. The eczema is triggered by a substance outside or inside the body and this causes the inflammation that leads to pain and itching.

To prevent a flare-up of itchy skin daily treatment through bathing, applying moisturizers during the day, taking prescription medications, and avoiding triggers are recommended.

Application of cold compresses and OTC corticosteroids can also help with mild itch.

## Psoriasis

Itching accompanied by burning, soreness, and red patches is very likely [psoriasis](#). The symptoms are due to rapid turnover of skin cells. Treatment focuses on preventing this rapid turnover of cells.

Psoriasis can affect toenails by causing pitting, abnormal nail growth and discoloration. The nails can also loosen and separate from the nail bed. In some severe cases the nails crumble. The true cause is unknown but many experts say it's related to an overactive immune system.



Triggers of psoriasis are infections, injury to the skin, stress, smoking, heavy drinking, Vitamin D deficiency, and certain medications. Psoriasis is also a hereditary condition. To reduce symptoms of psoriasis, patients need to avoid their triggers and follow treatment recommendations which include creams and ointments, light therapy, and in severe cases oral or injected medications.

## When To Be Seen In The Office

Some skin conditions that cause itching can be treated with over-the counter medications, but some can't. Give us a call if you notice the following:

- your symptoms do not subside after 2 weeks of self-treatment
- the red, itchy area gets bigger or spreads to other areas
- the area becomes warm or swollen
- you are a [diabetic](#) and develop a fungal foot infection

## The Health Benefits of the Legs Up the Wall Yoga Pose

If you're like many people, you're probably sitting at a desk all day. And even if you aren't, who couldn't benefit from better circulation and an activity that can help you de-stress?

Enter—the legs up the wall yoga pose. Here's a pose that has the benefits of doing a headstand, but without the same stress on your neck and of course, it's much easier to do (caution to those who do have neck problems already; this like all exercises should be checked out with your doctor beforehand).

So how do you do this pose? We turn to the Cleveland Clinic who provided this article.

1. Get your props ready—place a blanket or yoga mat on the floor and use a thin pillow for your head.
2. Get in position—lie down on the mat or blanket and scoot your buttocks close to the wall. Keep your tailbone on the floor as you raise your feet and legs against the wall.
3. Feel the stretch—you should feel a slight stretch with no pain as you rest your legs against the wall with your feet parallel to the ground.
4. Take it easy—relax and breathe from your belly and hold for 2-3 minutes.
5. Come out of the pose slowly—move slowly into a seated position when you're done and sit quietly for 30 seconds. Enjoy the relaxing feeling.



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

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