



## Give Yourself the Gift of Beautiful Nails for Valentine's Day

With Valentine's Day right around the corner you may be thinking it's time for a little pampering. After a long, cold, rainy winter a trip to Mexico or Hawaii may be on your list or maybe you just want to soak in a jacuzzi in a spa. Either way you probably have a pedicure in mind help you feel beautiful and indulged.

But then you take off your socks, and there they are--staring you in the face—fungal toenails. You can still get a pedicure if you let the spa know in advance but wouldn't it be better to get rid of your ugly, fungal toenails once and for all.

At the Foot and Ankle Center of Lake City we do everything we can to ensure the best success once you decide to go for it. (over)



## Sweet 'N Salty Chocolate Bark

2 (12-oz.) bags dark chocolate chips, melted

1/2 c. salted pretzels, roughly chopped

1/4 c. dried cherries

1/4 c. unsweetened coconut flakes

1/4 c. unsalted pistachios, roughly chopped

Flaky sea salt

Line a baking sheet with parchment paper. Pour a third of the melted dark chocolate onto prepared baking sheet and use an offset spatula to spread into an even layer, 1/8" thick. Evenly sprinkle with half the pretzels, cherries, coconut, and pistachios. Pour over remaining melted dark chocolate and spread to evenly cover ingredients. Evenly sprinkle with remaining pretzels, cherries, coconut, and pistachios. Garnish with flaky sea salt. Let bark cool until set, 1 hour, then break into pieces. Store bark in a resealable container until ready to eat.



<https://www.delish.com/cooking/recipe-ideas/a25563545/chocolate-bark-recipe/>

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Not really sure if your nails have fungus or are just black from running or some other trauma? Don't worry we'll get your toenails tested to be sure we're treating the real deal. After years of treating people with this difficult-to-treat condition we've learned a lot about what works and what doesn't work. Although not all fungal toenails can be treated effectively, many can be.

Tantamount is finding a podiatrist who will treat your fungus in a comprehensive fashion. Once these buggers set up shop it's difficult to kill them because they not only lurk on top of your nails and skin but in your nail bed as well. Having the right tools to eliminate them is the first step.

Here at the Foot and Ankle Center of Lake City we use a combination of the best treatments to get you the best results.

### **Laser Treatment**

We've been treating patients with the PinPoint Footlaser™ since January 2013. Laser treatment is designed to penetrate your nail to attack the fungus where it hides. It takes only 30 minutes, is painless, and has no long term side effects. Laser has been a wonderful additional to the tools I was already using to kill fungus in nails. I've put together a list of [Frequently Asked Questions](#) to respond to any concerns patients may have.

### **Keeping Down Your Fungal Load**

In addition to laser, we provide two different topical treatments to keep the level of fungus on the nails and skin down making it easier to eliminate it.

### **Sterilizing Your Shoes**

Before we begin laser sessions with a new patient, we provide a shoe sanitizer and ask them to sterilize all their shoes. After that patients sterilize their shoes at the end of the day when they remove them. Keeping shoes free of fungus also helps keep down the fungal load and prevent re-infection.

### **Oral Treatment**

Some patients prefer to use oral medication to treat their fungal nails. Oral treatments are very effective but carry some risk of liver problems. Also, when oral medications are stopped there is a chance the fungus will return. We also use oral medications along with laser but we use a very short course to help boost the effects of the laser. A shorter course reduces the chance of liver side effects.

The best thing about getting your toenail fungus treated now is that you'll be well on your way to having beautiful nails this summer.

To learn more about how we treat fungal nails, visit our [Seattle Fungal Toenail Center](#). Call us today at 206-368-7000 for an appointment.

### **Shoes and Boots for People with Plantar Fasciitis and Bunions**

Even though spring is right around the corner, you need to find a pair of boots or all weather shoe that will take you through the rest of this wet winter. And you need the support to prevent your plantar fasciitis from flaring up. Jason Brown from Sole Perfection Shoes in Shoreline recommended some footwear in our recent video that will keep you dry, prevent you from slipping, and accommodate your orthotics.

First up is the [Alegria Charlette](#). This amazing boot unzips from both sides for easy access, has a removable foot bed which offers a lot of cushion, and is slip resistant.



Second up is the [Dansko Paisley](#), a waterproof walking sneaker perfect for those of you who need to walk your dog on a regular basis. It also has a removable footbed with arch support and a shock-absorbing, slip-resistant Vibram rubber sole.