

Foot Sense

Offices of Dr. Rion Berg

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FOOT AND ANKLE CENTER OF LAKE CITY



November 2020



How to Stop Your Ankles From Swelling and Reduce Fatigue

Lately many of our patients have complained about swollen ankles. While most of us over 50 have occasional swelling in our feet and ankles, when the swelling becomes chronic it's a problem. Chronic swelling has two primary causes: fluid build-up and inflammation. Today let's talk about fluid build-up and why it happens.

As we age blood tends to pool around our feet. That's because the bridges that prevent blood from leaking back toward our feet no longer work as well. (other side)

Vegan Wild Rice Stuffed Butternut Squash

Happy Thanksgiving!

- 2 med butternut squash (2 to 2 1/4 pounds each)
- 3 Tbsp apple cider vinegar
- 2 Tbsp pure maple syrup
- 4 Tbsp olive oil
- Kosher salt and ground black pepper
- 1 small onion, chopped
- 1/2 cup wild rice
- 1/2 tsp mild curry powder
- 1/2 tsp cinnamon
- 1/4 tsp cayenne pepper
- 3 Tbsp dried unsweetened cherries
- 1 cup loosely pack fresh parsley leaves, chopped, plus more for garnish
- 1 Tbsp chopped fresh sage
- 1/4 cup walnuts, coarsely chopped



Directions

1. Position an oven rack in the middle of the oven and preheat to 400 degrees F.
2. Cut each squash in half lengthwise and scoop out and discard the seeds. Arrange the halves in a large baking dish, flesh-side up.
3. Whisk together the vinegar, maple syrup and 2 tablespoons oil. Brush the flesh-side of the squash halves with some of the maple-oil and sprinkle with 1/4 teaspoon salt and a few grinds of pepper. Put the squash flesh-side down in the baking dish, then brush the skin side with the maple-oil mixture and sprinkle with 1/4 teaspoon salt and a few grinds of pepper. Roast until the squash is fork-tender, 30 to 40 minutes. Let the squash rest until cool enough to handle. Scoop some of the flesh out into a large bowl, leaving about 1/4-inch border of flesh all around. Leave the scooped-out flesh in relatively large chunks.
4. Meanwhile, heat 1 tablespoon oil in a medium saucepan over medium-high heat, then add the onions and cook, stirring occasionally, until soft and golden brown, about 6 minutes. Add the rice, curry powder, cinnamon, cayenne and 1/2 teaspoon salt and stir until the spices are toasted, about 1 minute. Add 2 cups water and bring to a simmer covered, stirring occasionally, until the rice is tender and most of the liquid is absorbed, 30 to 40 minutes (different brands of wild rice may vary in cooking times; add more water if needed). Remove from heat and add to the chunks of butternut squash along with the remaining maple-oil, cherries, parsley, sage, 1/2 teaspoon salt and a few grinds of black pepper.
5. Evenly stuff the scooped-out squash halves with the filling, then drizzle with the remaining 1 tablespoon oil and bake, uncovered, until the filling is warmed through, about 30 minutes. Cut each in half crosswise and transfer to a serving platter. Sprinkle with walnuts and parsley. Serve warm.

Source: Food Network

When blood pools in our legs we feel tired. We can also get skin changes including bread dough swelling (swelling that looks like bread dough when you poke it), color changes, scaly and shiny skin, and rashes. If you're diabetic, poor blood flow can lead to ulcers.

If you're experiencing bread dough swelling and/or the other symptoms described above, talk to Dr. Berg about getting a prescription for support stockings. However, if you're experiencing fatigue and are on your feet a lot we recommend purchasing Sockwell compression socks. Dr. Berg wears these every day to keep his energy up.



Use it Or Lose It

Now that the election is over we can turn our minds to more pressing matters. Like our health! Still have a lot money in your HSA or Flexible Spending Account? Don't let those funds run out. What can you spend it on?

Unlike regular medical insurance these plans are much more flexible in the types of health and wellness items they cover. In addition to doctor's visits typically covered by other health insurance, these plans often cover vitamins, orthotics, laser treatments for pain and fungal nails, and topical for fungal nails. So don't leave money on the table. Give us a call to help improve your health before 2020 runs out.

November Give-Away Contests

As you know, this year is our 40th Anniversary. We're so grateful for all of our wonderful patients. One way we're celebrating is by giving away several gifts to you!

Gift #1 Gift Card to Sole Perfection Shoes in Shoreline (Deadline to enter is Friday, November 20th)

Win a \$100 gift certificate to Sole Perfection Shoes (Eligibility: Anyone who's been seen in our office in the past year. To enter please send an email to info@bergdpm.com and put "I want to win a pair of shoes" in the subject line or pick up a ticket at the office and put in the box.



Gift #2 Ten Thanksgiving Pies

10 Thanksgiving pies will be given away to current patients (Patients seen in the past year will be drawn randomly.)



Gift #3 Choose Your Charity Contest (Deadline to enter is Friday, November 27th)

Send us the name of the charity of your choice and the winning charity will receive a \$100 from our office. Submit an email to info@bergdpm.com with the subject line, "My Favorite Charity" OR you can submit your vote for your favorite charity at your next visit.

Gift #4 Sailboat Trip With Dr. Berg (Deadline to enter is anytime up until the drawing)

Patients get a chance to win a sailboat trip with Dr. Berg. (Eligibility: Anyone who's been seen in our office in the past year. To enter please send an email to info@bergdpm.com and put "I want to go sailing with Dr. Berg" in the subject line or pick up a ticket at the office and put in the box.

