



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

Happy Halloween



October 2022

Swift Microwave Therapy for Warts: One Year Later

A year ago I learned about a new treatment for warts called Swift. After meeting with several colleagues who used it successfully, I added Swift Microwave Therapy to treat plantar warts and we're seeing amazing results. But don't take my word for it. Here's a testimonial from one of my recent patients.

Patient Testimonial

"After 10 years of trying every treatment, I decided to give Swift a shot. And in multiple treatments, this plantar wart, which had metastasized into a, what Dr. Berg called, "A vegetable patch" of warts all over the bottom of my foot, eventually went away completely. This hideous group of warts, which had been on my foot literally for 30 or 40 years, was finally gone".—Rob T.



[You can watch the video testimonial here!](#)

How Swift Gets Rid of Plantar Warts

Swift uses immune therapy to treat your plantar warts. It works by delivering low-powered microwave energy through a special probe to target and destroy the cause of warts—HPV or Human Papilloma Virus.

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For cracked and very dry skin

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Dr. Berg takes the team sailing



The crew resting after a hike on Bainbridge Island

Healthy Halloween Stuffed Peppers Source: BBC goodfood

Celebrate Halloween with these spooktacular healthy stuffed peppers. They're perfect for a Halloween buffet or a family dinner ahead of trick-or-treating

- 4 small peppers (a mix of orange, red and yellow looks nice)
- 1 oz pine nuts
- 1 tbsp olive or rapeseed oil
- 1 red onion , chopped
- 2 large cloves of garlic , crushed
- 1 small eggplant , chopped into small pieces
- 8 ounces bulghur wheat, rice, or quinoa
- 2 tbsp sundried tomato paste
- zest of 1 lemon
- bunch basil , chopped



Directions¹.

1. Cut the tops off the peppers (keeping the tops to one side) and remove the seeds and any white flesh from inside. Use a small sharp knife to carve spooky Halloween faces into the sides. Chop any offcuts into small pieces and set aside.
2. Toast the pine nuts in a dry pan for a few mins until golden, and set aside. Heat the oil in the pan, and heat the oven to 400. Cook the onion in the oil for 8-10 mins until softened. Stir in the garlic, pepper offcuts and eggplant and cook for another 10 mins, until the veggies are soft. Add a splash of water if the pan looks dry. Season.
3. Add grains and tomato paste to pan. Stir for a minute or two to warm through, then remove from the heat and add the lemon zest, basil and pine nuts.
4. Fill each pepper with the grain mixture. Replace the lids, using cocktail sticks to secure them in place, and put the peppers in a deep roasting tin with the carved faces facing upwards. Cover with foil and bake for 35 mins, uncovered for the final 10. The peppers should be soft and the filling piping hot.

This ingenious system heats up water molecules within the wart exposing the virus to your immune system.

This allows your immune system to recognize the virus as foreign and destroy it. Once it's destroyed, the wart disappears.

What to Expect from Treatments with Swift

You'll receive your first Swift treatment the same day you come in. It takes on average three treatments for Swift to work most effectively. These treatments are spaced 4 weeks apart to



give your immune system time to do its job.

Is It Painful?

Any pain you might feel is sharp and short, like an injection and lasts only a few seconds. Some people feel no pain at all. To help my patients who have a low pain tolerance, we now use a TENS unit or an anesthetic to dampen it.

Will It Leave A Wound or A Scar?

The Swift System does not break the skin, so you never have to worry about blisters or other scarring from the treatment.

How Effective is Swift?

Swift delivers a much more precise, high-controlled energy dose than traditional treatments.

Treated tissue is quickly repaired, replaced, and regenerated. **As a result, Swift is a highly effective treatment for warts, with an 85% success rate with only 1% recurrence rate.**

Is There Downtime?

There is absolutely no downtime. Because we don't break the skin or use messy peels, once you leave the office you can go about your daily activities with no restrictions.

How Long Does It Take?

The treatment takes only takes 2-3 seconds so your visits will be quick, under 15 minutes.

Is It Safe for Kids?

Swift treatment is safe for everyone. It's a great treatment for kids because pain is minimal and doesn't last.



Halloween Safety Tips

October is Halloween Safety Month. In honor of this month, here are our top Halloween Safety Tips.

- Avoid any masks that obscure your child's vision.
- Use non-toxic make-up.
- Have kids carry flashlights or use reflective tape to make them more visible in the dark.
- Don't allow your kids to wear flip flops or other backless shoes to prevent them from tripping.
- Don't let kids under 12 treat-or-treat alone.
- Remind kids to cross the street at crosswalks
- Purchase flame resistant costumes only.
- Inspect your child's candy before they eat it.

Costume Drive for North Seattle Family Resource Center

This year we are holding our, first ever, Halloween Costume Drive for the families and kids served by the Children's Home Society's North Seattle Family Center.

They serve over 1,000 parents and kids each year by providing services such as healthcare enrollment, parenting classes, parent and child activities, and life skills. Many of the families who participate are new immigrants.

We'll be collecting and distributing costumes all month. The last day will be October 28th. So go through your closets and pull out those super hero, witch, and ghost costumes that are just gathering dust and bring them to our office!

You'll also get 20% off any of our in office foot products during October 2022 when you donate. Thank you!



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.

If you want to see us cover a specific topic, please feel free to send an email to info@bergdpm.com. Type "Newsletter Editor" in the subject line.

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To make an appointment, call us at 206-368-7000 or [request one online](#).

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