



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

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How to Avoid Toenail Problems This Season

During the winter you probably ignored your toenails, but now that sandal weather is here you're paying more attention and you may not like what you see or feel. Today we're going to discuss how our office prevents toenail problems.



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Who's at Risk For Toenail Problems

If you walk you can develop a toenail problem. However, there are certain factors that can put you more at risk.

- Runners and other athletes
- Hikers and climbers
- Nail trauma
- Adults who wear shoes that are too short
- Going barefoot in shared facilities
- Older adults

4 Common Toenail Conditions

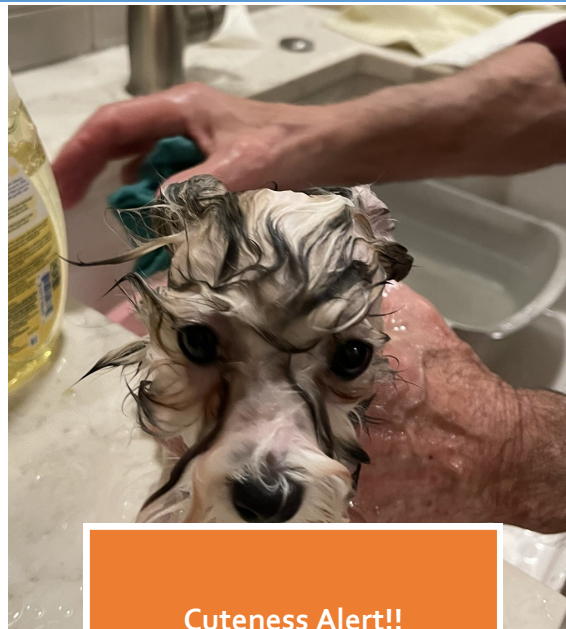
Some of the most common toenail conditions we treat are:

- Ingrown toenails
- Fungal toenails
- Runner's toe or black toenails
- Dystrophic or deformed toenails

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Diane Haugen our former Marketing Director visited



Cuteness Alert!!

Frittata with Asparagus, Tomato, and Fontina

Nothing says Spring quite like asparagus. Here's a quick and easy recipe that's sure to please.

- 6 large eggs
- 2 tablespoons whipping cream
- 1/2 teaspoon salt, plus a pinch
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon olive oil
- 1 tablespoon butter
- 12 ounces asparagus, trimmed, cut into 1/4 to 1/2-inch pieces
- 1 tomato, seeded, diced
- Salt
- 3 ounces Fontina, diced



Source: [Food Network](#)

Instructions

1. Preheat the broiler.
2. Whisk the eggs, cream, 1/2 teaspoon salt, and pepper in a medium bowl to blend. Set aside.
3. Heat the oil and butter in a 9 1/2-inch-diameter nonstick ovenproof skillet over medium heat. Add the asparagus and saute until crisp-tender, about 2 minutes. Raise the heat to medium-high.
4. Add the tomato and a pinch of salt and saute 2 minutes longer. Pour the egg mixture over the asparagus mixture and cook for a few minutes until the eggs start to set.
5. Sprinkle with cheese.
6. Reduce heat to medium-low and cook until the frittata is almost set but the top is still runny, about 2 minutes.
7. Place the skillet under the broiler. Broil until the top is set and golden brown on top, about 5 minutes.
8. Let the frittata stand 2 minutes. Using a rubber spatula, loosen the frittata from skillet and slide the frittata onto a plate.

How Toenail Conditions Are Prevented

Many toenail conditions have one thing in common—they're more likely to develop if your shoes don't fit well.

This is true for young kids who are growing out of their shoes, for adults whose feet have increased in size due to fallen arches, for runners, hikers, and climbers.

Many people would avoid ingrown, black, fungal, and distorted toenails if they purchased shoes or boots that fit well.

So how can you ensure that happens for you and your family?



- Get your feet measured—it isn't just young children who need a larger shoe size; adults can also need larger shoes due to weight gain and fallen arches.
- Purchase shoes designed for the sport you engage in—it's important to wear running shoes if you run, court shoes if you play pickleball or tennis, and so on.
- Shop at the end of the day when feet are most swollen.
- Go to a store that specializes in your sport—if you run or hike go to a store such as Super Jock 'N Jill or REI to ensure you have a knowledgeable fitter.

- Prevent your feet from sliding forward in running shoes by learning proper lacing techniques—check out our video on [“How to Lace Your Shoes to Keep Your Feet Pain Free”](#).



- [Learn a lacing technique to keep your feet back in your hiking boots](#)
- Purchase shoes that have a larger toe box.

Other ways to prevent toenail problems

It's not just shoes that can be the culprit for toenail problems. Reducing the moisture in your shoes is also important, particularly when it comes to avoiding toenail fungus and athlete's foot. Here are some additional tips.

- Wear socks that wick away moisture—avoid cotton socks and purchase socks made of synthetic fibers. Check out our article, [“Best Socks for Runners and Hikers”](#).
- Avoid going barefoot in locker rooms, yoga studios, and swimming areas.
- Avoid sharing nail implements like nail clippers and nail files.
- Ensure your nail salon is properly cleaning their equipment. Check out our article, [“10 Hacks for Avoiding Toenail Fungus in a Nail Salon”](#). If you can't find one you can always go to your [pedicure at home](#).
- Cut your toenails straight across to avoid ingrown toenails.

Stress Can Affect Your Feet Too!

In podiatry, we mostly focus on the physical ailments of the feet, but it's essential to remember that our mental well-being is just as crucial for our overall foot health. Stress can manifest physically, affecting not only our minds but our bodies too, including our feet. Here's why reducing stress is vital for everyone, especially those experiencing foot problems.

Stress can lead to inflammation, exacerbating conditions like plantar fasciitis or tendonitis. It can also cause us to walk or stand differently, putting unnecessary strain on our feet. Furthermore, when we're stressed, we might neglect our physical health, by forgetting to wear our orthotics or keeping important medical appointments.

To help manage stress, consider incorporating mindfulness techniques into your daily routine. Practices like guided imagery, deep breathing exercises, or gentle yoga can significantly lower stress levels, thereby reducing the risk of stress-related foot problems. Even a short daily walk can be meditative and promote foot health by improving circulation and flexibility.

Remember, taking care of your mind is a step towards healthier feet. Embrace stress reduction techniques not only as a part of your mental health routine but as a crucial component of your podiatric care.



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—Dr. Rion Berg

