



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

April 2021

April is Foot Health Awareness Month

16 Hacks to Prevent the Most Common Spring Foot Problems

Each year we eagerly wait for Spring to arrive. Now that it's here we're ready to get off the couch and get our bodies moving. Whether we're walking more, starting a new running program, digging in our garden, or kicking around a soccer ball with friends our feet may be giving us some problems we didn't know we had. We may discover some skin or toenail issues or new foot pain.



Either way it's time to give your feet some love so they can easily take you on your Spring adventures. Learn how you can prevent the most common Spring foot problems with these 16 hacks!

Stinky Feet

When we're more sedentary and it's cool outside we tend to have few problems with foot odor. But as the temperature rises and we're walking or running our feet can become pretty stinky. Fungus and bacteria love a humid environment.

Hacks:

1. Change out your shoes on a daily basis to let them dry out
2. Wear socks made from materials that wick away moisture from your feet; try socks with materials such as polypropylene or polyethylene instead of moisture attracting cotton
3. Use foot powder to keep your feet dry

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Dr. Berg is delightful and very knowledgeable. I had disappointing appointments with three other podiatrists before seeing Dr. Berg and he is legit! He didn't just look at my feet but at my body mechanics as a whole. Highly recommend.!

Samantha S,

Some Lighthearted Fun!



Lynn

Lucy

Dr. Berg



Ready for Surgery

Spring Veggie Stir Fry

- ¼ cup Reduced Sodium Soy Sauce
- 2 tablespoons SimplyNature Organic Wildflower Honey or maple syrup
- 2 teaspoons arrowroot starch or corn starch
- 1 tablespoon grated fresh ginger
- 1 large clove garlic, pressed or minced
- ½ teaspoon crushed red pepper (scale back or omit completely if you're sensitive to spice)
- 1 small red onion, root and tip ends removed and cut into ¼-inch thick wedges
- 3 medium carrots, peeled and cut into very thin rounds
- Pinch of salt
- ½ bunch (½ pound) thin asparagus, tough ends removed and cut into 2-

In a liquid measuring cup, combine the soy sauce, honey, cornstarch, ginger, garlic and red pepper flakes. Whisk until blended and set aside. Warm the oil over medium heat until shimmering. Add the onion and carrots and a pinch of salt. Raise heat to med-high and cook, stirring every 30 seconds or so, until onions have softened, about 4 to 5

Add the asparagus and cook, stirring every 30 seconds, until the carrots are starting to caramelize on the edges and are easily pierced by a fork, about 3 minutes.

Pour in the prepared sauce and cook stirring constantly, until the sauce has thickened about 30 to 60 seconds. Remove from heat and serve as a side dish as-is, or turn it into a main dish by serving it with rice, fried eggs or tofu.

Source: <https://cookieandkate.com/veggie-stir-fry-recipe/>



16 Hacks (cont. from Page 1)

Hack for Stinky Feet

4. Plug your shoes into a [Shoe Zap](#); it destroys 99% of the fungus and bacteria that cause foot stink (also available at our office).

Dry, Cracked Heels

Wearing sandals, walking in backless shoes, and going barefoot will all lead to dry, cracked heels.

Hacks:

5. Use flip flops for short trips outside so that your heels don't get so much battering from the pavement.



6. Soak your feet in the bath and use a pumice stone to get rid of the unsightly dryness

7. Use a creme just for dry and cracked heels such as this newly formulated product [All Natural Foot Cream](#).

Blisters

With any prolonged physical activity you're likely to get a blister. Anything you can do to prevent friction between your skin and your socks and shoes will help.

Hacks:

8. Follow the first three moisture reducing hacks to prevent stinky feet. Dry feet and socks will reduce the friction that cause blisters to form.

9. Buy shoes that fit. Ill-fitting shoes are much more likely to cause blisters.

10. Use surgical tape on skin areas that are blister prone ([see my blog on this hack for blisters](#)).

Heel Pain

In spring I always see more heel pain. Weekend warriors or anyone who's been sedentary in the winter months are often the first to call my office.

Hacks:

11. Get your orthotics checked to be sure they are still doing the job.

12. Use [Dynamic Warm-ups for Runners](#) to reduce the likelihood of heel pain or other foot problems.

13. Buy new shoes. If you haven't bought athletic shoes in a year, it's time for a new pair. If you're a runner or participate in other activities check out my blog [How to Buy the Best Running Shoes](#).

Athlete's Foot and Fungal Toenails

Athletes foot and fungal toenails are caused by fungus. Although fungus is everywhere in our environment it particularly loves to grow where it's warm, wet, and dark; namely our shoes.

Hacks:

14. Reduce the moisture in your shoes by using any of the fixes for stinky feet.



Shoe Zap

15. Use flip flops in lockers rooms and at swimming pools to avoid fungus rampant in these areas.

16. Wear shoes that fit. If your toes are hitting the top of your shoes they're more likely to cause trauma to your toenails making it much easier for fungus to set up shop.

Time to Shop for New Shoes

It's Spring and Foot Health Awareness Month! An easy way to boost your foot health is by ditching your old kicks and replacing them with some brand spanking new ones.

If your sights are set on new tennis shoes—great! Just be sure that they've got the support you need. These days a lot of tennis shoes are what I call squishy and cushy and are just too soft to get you around Green Lake safely.

You can always check your shoes for stability before you buy them by taking my handy dandy [Shoe Test!](#)

You'll probably want to avoid a lot of the latest Spring shoe trends if you care about your feet. I've looked at Cosmo and saw a lot of pointy toed shoes (ouch), slides which are for lounging only, platforms (which don't bend and are terrible for walking), and platform sandals (a sprained ankle waiting to happen.)

Stick to tried and true brands and shoes that have worked for you in the past. Great brands we recommend are Alegria (great for hallux rigidus), Taos, Dansko (helps support the arch), Keen, Merrell, Munro, and Naot. Find plenty more at Sole Perfection Shoes in Shoreline, Fremont, or Everett.



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