



# FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

August 2023

## Get Your Kids Feet Ready For School!

It's hard to believe that summer is already winding down. Unlike many parts of the country, we've been spared the relentless heat, so it may feel like summer has just arrived. Regardless, it is August and it's time to start thinking about getting our kids' feet ready for school.



### How to Buy Your Kids The Best Shoes for Their Feet

First, for most of us that means heading to the store to get them a new pair of sneaks. All kids' feet grow throughout the summer. Many of them have been wearing sandals and backless shoes so it may not be that obvious if they've gone up a size or maybe more.

But come fall we know it at the Foot and Ankle Center of Lake City because lots of kids who play sports come in with an ingrown toenail. That's because wearing closed toed shoes that are just a bit too short can cause the longest toe to bump up against the inside of the shoe leading to a painful ingrown nail.

To avoid this problem, be sure to check out our guide, "[6 Back-to-School Shoe Shopping Tips for Your Kids](#)", to get a better handle on how to get your kids the best shoes for their feet.

### Stop Kid's Foot Problems Before School Starts

While an ingrown toenail may be the most common problem kids face, plantar warts, and heel pain are a close second.

Let's take a quick look at some solutions to these problems so your kids can get a good start to their first days back at school.

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### Pre-Fab Orthotics for Kids Redithotics

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Dr. Berg and Dr. Ken Swayman on  
Bainbridge Island



Kaitlin Walters,  
Our New Medical Assistant

## One Pan Zucchini Pesto Orzo

Here's a delicious way to use up those overabundant zucchinis and tomatoes.

Source: [The New York Times](#)

- 2 medium zucchini (about 6 ounces each), diced (about 2½ cups)
- 1 large yellow onion, thinly sliced
- ¼ cup extra-virgin olive oil, more for drizzling
- ¼ to ½ teaspoon red-pepper flakes, to taste, more as needed
- 1½ teaspoons fine sea salt, more to taste
- 1¼ cups vegetable or chicken stock
- 1 cup orzo
- 1 lemon, zested and halved
- 1 cup halved cherry or grape tomatoes
- 5 ounces fresh mozzarella, cut into cubes (1 cup)
- ½ cup grated Parmesan (3 ounces), more for serving
- ¼ cup finely chopped mint, more for serving
- ½ cup pesto, store-bought or homemade, more to taste



1. In a large nonstick or well-seasoned cast-iron skillet over medium-high heat, combine the zucchini and onion with olive oil, the red-pepper flakes and 1 teaspoon salt. Cook the mixture, stirring once or twice, until the zucchini and onion turn golden brown, 10 to 12 minutes. Don't stir too often, as it can impede browning.
2. Stir in stock and bring to a simmer. Stir in orzo, lemon zest and ½ teaspoon salt. Cover and simmer over medium-low heat until orzo is nearly cooked through and most of the liquid is absorbed, 10 to 14 minutes, stirring once or twice.
3. Meanwhile, in a small bowl, toss together the tomatoes, mozzarella, a pinch of salt, a pinch of red-pepper flakes and a drizzle of olive oil, and let marinate while the orzo cooks.
4. Once the orzo is ready, stir in juice of ½ lemon, Parmesan, mint and pesto. Cover the pan, and cook for 1 minute, to finish cooking. Taste for seasoning and add more lemon juice or pesto, if needed. To serve, top with tomato-mozzarella mixture and sprinkle with more cheese and mint.

## Ingrown Toenail Solutions

As you probably already surmised, making sure your kids have shoes that fit is the best way to prevent an ingrown toenail from occurring in the first place. Cutting their toenails straight across can also help prevent one from developing. Unfortunately, no matter what you do, some kids are just more prone to getting them.

Fortunately, Dr. Berg offers an almost painless solution to getting rid of ingrown toenails. And that's great news for kids that are particularly squeamish about having this treatment. [See our latest video that goes into detail about this procedure.](#)

## Plantar Wart Solutions

If you read my last email, you've learned a bit more about the problems plantar warts can cause for kids.

While having plantar warts on the bottom of the feet and on your kid's toes can be ugly and embarrassing, they can also hurt. And that will put a damper on a good start to their school year.

Fortunately, our office uses [Swift Immune Therapy](#) which is more effective in getting rid of warts than freezing or chemicals and renders the wart less likely to return. Kids will also be able to leave the office and get back to sports or friends right away.



Swift Immune Therapy

## Heel Pain Solutions

Your child can develop [plantar fasciitis](#) or another common childhood heel pain problem, [Sever's disease](#). They are more likely to develop the latter condition if they play sports.

Both conditions can be treated and prevented by taking time off of sports, getting casted for orthotics, stretching tight calf muscles, and using an anti-inflammatory medication to reduce pain.

## Prevention of Foot and Ankle Problems for Youth Athletes

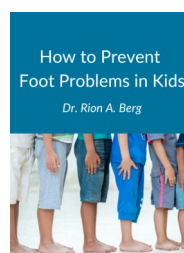
Finally, if your child is an athlete, it's a good idea to bring them in for a sport's physical. With our GO4D gait analysis scanner we can head off potential issues before they start causing problems on the field.

[Learn more about this scanner and how it works here!](#)



Go4D Foot Scanner

## Free eBook To Prevent Foot Problems in Kids



## Back-to-School Shoe Drive

Our Back-to-School Shoe Drive is running until Labor Day. This year we're supporting families served by the North Seattle Family Resource Center, a wonderful organization located right in our building.

Each year the North Seattle Family Resource Center serves 3500 people who are low-income. Among them are many new immigrants. Their goal is to help parents raise happy and healthy children. And that includes making sure they have new shoes for school.



The Resource Center primarily serves families in the Lake City area, but clients also come from Shoreline and Lynnwood.

## Shoe Giving Guidelines

This year we'll be collecting new shoes or clean, very gently used shoes. Keep in mind the following when you shop for shoes:

- Purchase shoes for kids of all ages. Keep in mind some teenage boys have very large feet.
- Buy sturdy, closed-toed, and waterproof shoes.
- Tennis or running shoes are favorites.

Drop off shoes at our office in the designated box.

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—Dr. Rion Berg

