



# FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

Happy Holidays!

December 2021

## 6 Hacks to Keep Your Feet Warm and Dry This Winter

Keeping our feet warm and dry in the winter is a constant problem for many of us in the Northwest. It can be most problematic for older adults with poor circulation and for those who like to run, hike or ski in all kinds of weather. Wet conditions, freezing temperatures, and the wrong socks can lead to cold, damp, and blistered feet.



Winter can also be painful for those of us with [bunions](#) and hammertoes when wearing closed-toed shoes are necessary.

### What can we do to keep our feet warm, dry and pain-free?

**Wear proper socks.** Socks that contain wool and wick away moisture from your feet are best to keep them dry and prevent blistering. I recommend [SmartWool Trekking Socks](#) to my patients who hike, ski or have circulatory problems. For runners, I recommend [Features Merino 10](#).

**Avoid tight footwear.** It can inhibit circulation of the blood vessels in the lower extremities and cause cold feet.

**Use two pairs of socks if needed.** In very cold temperatures, I suggest two pairs of socks. Wear one thin layer next to your skin made of a wicking material like polypropylene and a thicker layer made of a combination of wool and other synthetic materials. If you plan to use two pairs of socks you might need to buy shoes a half size larger.

(Continued on Page 3)

### Inside this Issue:

- Foot and Ankle Center photos—2
- Honey Roasted Brussel Sprouts with — 2
- 6 Hack to Keep Your Feet Warm and Dry this Winter (continued)— 3
- It's Time to Give To Our Community-4



## End of Year Holiday Sale

20% off all

Dr.'s Remedy Nail Polish

\$13.60





## Honey Roasted Brussels Sprouts with Butternut Squash and Cranberries

An easy, healthy side dish that sure to please your family.

- 1 pound butternut squash, peeled and cut into chunks (about 3 1/2 cups butternut squash chunks)
- 1 pound brussels sprouts, trimmed and cut in half (about 4 cups)
- 1/2 tsp ground cinnamon
- 3 tbsp olive oil
- 4 tbsp honey, divided
- Salt, to taste
- 1/2 cup dried cranberries



Life, Love & Sugar (<https://www.lifeloveandsugar.com/honey-roasted-brussels-sprouts-with-butternut-squash-and-cranberries/>)

### INSTRUCTIONS

1. Preheat oven to 450 degrees. Line a baking sheet with aluminum foil and lightly spray with non stick spray.
2. Add the squash to a large bowl and toss with cinnamon.
3. Add the brussels sprouts to the bowl and toss all with olive oil and 1 tablespoon of honey. Add salt to taste.
4. Spread the vegetables evenly onto the baking sheet, placing the brussels sprouts so they are cut side down.
5. Bake for 20 to 30 minutes (timing will depend on the cut size of your veggies). Add the dried cranberries to the baking sheet for the last five minutes. Remove from the oven when fork tender.
6. Add the brussels, butternut squash and cranberries back to the large bowl. Add the remaining honey and gently toss. Serve immediately.



## 6 Hacks to Keep Your Feet Warm (cont)

**Use foot warmers.** [Bio-World Disposable Foot Warmers](#) will keep your feet warm for eight hours and are not expensive.

**Purchase shoes for bunions and hammer-toes.** Shoes with a larger and deeper toe box and softer leather are key for preventing or reducing pain. Kirsten Borrink of Barking Dog Shoes recommends these shoes for bunions and these shoes for hammertoes and/or bunions.

**Check your shoes or boots and purchase for your particular sport.** Always wear footwear designed for the sport you love. e.g. day hiking boots vs. backpacking hiking boots.

Also, before you go out hiking, check your boots for wear. If your shoes no longer provide proper support or are the soles have worn out unevenly you're much more likely to sprain an ankle, trip and fall, particularly in snowy or wet weather.

Waterproof trail shoes may be your best bet if you know that you plan to run on snowy or wet trails.

## Does It Feel Like You're Walking on A Pebble or with a Bunched Up Sock?

If so you may have developed Morton's Neuroma. What's that you wonder? It's a problem caused by any irritation which leads to thickening of tissue surrounding the nerve that travels to the third and fourth toes.

### Who Gets This Condition?

Women are about 8 to 10 times more likely than men to develop Morton's neuroma. According to a study at the Royal College of Surgeons of Edinburgh, those who wore high heels greater than two inches were at greater risk.



Although it's true that high heels are often the culprit, they aren't the only cause of this painful condition.

### Other causes include:

- Wearing shoes that are too tight or have a narrow toe box
- Participating in sports activities such as running and racket sports such as tennis which cause stress to the balls of the feet
- Having an abnormal foot structure such as bunions, hammertoes, flat feet, and flexible feet

### Symptoms

Besides feeling like your walking on a pebble or your sock is all scrunched up you can also experience:

- Pain
- Tingling and numbness
- Burning

### How to Get Rid Of Morton's Neuroma

- Metatarsal Pad—this pad can provide the support the foot needs to prevent the metatarsals or base of your toes from becoming cramped.
- Orthotics — when metatarsal pads are insufficient custom orthotics are used to more precisely support the metatarsals. A custom metatarsal pad is incorporated into the orthotics.
- Alcohol injections—we use alcohol to shrink the neuroma
- MLS Laser—this cold laser can reduce the inflammation and pain and stimulate healing. It's also used in combination with the alcohol injections to amplify the result.
- Surgery—in severe cases surgery may be needed.

## It's Time to Give To Our Community

As the year draws to a close, it's important to keep those less fortunate on our list. Many of our patients have already given to our annual sock drive for Mary's Place. Thank you so much!!

And there's still time to give, so stop on by!

Also, there are many other worthy causes to give to in our Lake City Community. Keep in mind the following:

- [North Helpline](#)—our local food bank and emergency services
- [Lake City Partners](#) —ending homelessness
- [Hunger Intervention Program](#) —food backpack program for kids and senior meals
- [North Seattle Family Resource Center](#)—parenting classes, support groups, cultural events



# HAPPY NEW YEAR!

Foot and Ankle Center of Lake City  
2611 NE 125th St, Suite 130  
Seattle, WA 98125