



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg



Happy Holidays!



December 2023

Take Care of Your Skin and Nails This Winter!

As the winter chill sets in, it brings with it a unique set of challenges for our feet. The combination of cold temperatures, dry air, and indoor heating can wreak havoc on the skin. It's essential to adopt a winter foot care routine to keep your feet healthy and comfortable throughout the season.

While winter can be bad for your skin, your shoes and socks are often the primary culprit when it comes to your toenails. In this December newsletter, we'll explore some tips to help you maintain optimal skin and nail health during the winter months and all year long.

Are My Black or Discolored Nails Toenail Fungus?

How do you know if you have nail fungus? Sometimes it's hard to tell, which is why we often test your nails before we treat them. Black or discolored nails can be fungus, but they can also be caused by trauma from hiking and skiing, and wearing boots that don't fit properly. Sometimes it's a matter of what came first, the chicken or the egg--trauma to your nails can result in toenail fungus.



Initial Visit



4 months later

When's the best time to get rid of toenail fungus?

Winter! That's because it takes time to grow out your new fungal-free nails once they're treated. Get started now and you'll be ready for the beach come summer.

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Adessa Gel Socks

\$28





Cubs Scouts help Rotary Club of NE Seattle Pack Up for For Family's at Thanksgiving



Exchanging ideas with colleagues in Fort Lauderdale at a podiatry conference

Oven Fried Latkes

Here's a healthier version of this tradition Chanukah favorite.

- Olive oil cooking spray for baking sheet
- 1 pound russet potatoes
- 1 large egg white
- 1/4 cup finely chopped scallions (about 2)
- Kosher salt and freshly ground pepper
- 1/2 cup no sugar added apple sauce
- 1/4 cup reduced fat sour cream



Directions

1. Preheat the oven to 450 degrees F. Mist a baking sheet with the cooking spray.
2. Peel the potatoes and then grate on the large holes of a box grater. Transfer to a fine-mesh sieve and squeeze out as much liquid as possible into a bowl. Let the liquid settle for about 10 minutes, and then pour off the watery liquid, reserving the potato starch.
3. Beat the egg white in a large bowl until it holds a soft peak. Gently fold in the potatoes, scallions, reserved potato starch, 1/2 teaspoon salt and 1/4 teaspoon pepper.
4. Drop the mixture by tablespoons on the prepared baking sheet, spacing the latkes about 2 inches apart. Gently spread and flatten into 2 1/2-inch rounds. Roast until the bottoms are browned, 8 to 10 minutes. Flip and roast until the potatoes are cooked through and the bottoms are spotted brown, 4 to 6 minutes.
5. Serve with the applesauce and sour cream.

From the [Food Network Kitchen](#)

Best time to get rid of toenail fungus? (cont.)

While fungal nails can be challenging to treat, after 11 years of using PinPoint laser we've hit upon just the right formula to better ensure success.

Besides laser, we also use the amazing topical, Tolcylan, a short course of oral medication to knock back the fungus, and shoe therapy with the Shoe Zap to keep your shoes free of fungus.



[Learn more about our process, check out more before and after photos, and read patient testimonials here!](#)

Here are some great tips for avoiding toenail fungus and ingrown toenails.



What Can I Do About My Dry, Cracked Heels and Feet?

I'm always looking for new ways to treat your cracked heels and dry feet. This year I found a new line of products from a company called Modern Podiatrist or Mod Pod started by a woman podiatrist in my network.



These natural, hand-crafted products are designed for specific skin problems including dry skin, calluses, pain, and inflammation.

Last year I found two fabulous foot soaks by Tolcylan to help combat dry skin, eczema, and dermatitis. This is the same company that makes the fungal nail products.

One is **Tolcylan Therapeutic Foot Soak** and the other is **The Daily Micro-Cleansing Foot Soak**. Both of these soaks have been flying out the door.



Old Standbys to Keep Your Feet Moisturized

- Amerigel is a great moisturizer for anyone.
- For those with a tendency towards dry, cracked feet try either **Gormel Cream** with 20% urea or **Adessa Heel Liniment** with 30% urea.
- Gel socks can provide your feet with an immediate moisture boost. Using a combination of **Adessa Gel Socks** and one of the other creams can help get your skin conditioned more quickly.

Buy Them As Stocking Stuffers

All of these products are deal stocking stuffers for your friends and family. Call ahead to be sure we have them.



Socks and Coat Drive for North Seattle Family Center

Just a reminder that we're once again doing a coat drive for the clients of the North Seattle Family Center. As the weather turns cold, the need for warm outdoor wear increases. Socks are also an essential clothing item because it's easy to develop blisters, wounds, athlete's foot, and toenail fungus without them.

Socks and coats are needed for children and adults. Simply drop off your new or gently used coats and **new** socks at our office.

The North Seattle Family Center serves 3500 low-income people annually including many new immigrants. Please help us keep them warm this winter! We'll be collecting items from now until Wed, December 20th.

Thank you for your generosity!



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.

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