



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

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How to Avoid 4 Common Summer Foot Problems

Summer's finally here and you're ready to take it on! Whether that's a hike in the mountains or a leisurely trip to the beach, you'll need the tools to help prevent the most common foot problems. And we've got you covered.



Here are 4 common summer foot issues.

Blisters

Blisters are a big problem in the summer. While they can certainly occur when walking around Greenlake, they most commonly crop up when hiking. That's because of the increase in moisture, pressure, heat, and friction you encounter when you take on that trail. Fortunately, there's a lot you can do to prevent blisters from cropping up.

- Buy boots that fit (correct length and width), are stable and supportive, comfortable, and waterproof
- Break in boots that are stiffer and heavier duty.
- Use [lacing techniques](#) to prevent your foot from slipping forward in your boots.
- Keep your feet cool and dry by buying [socks that wick away moisture](#) and using foot powder.

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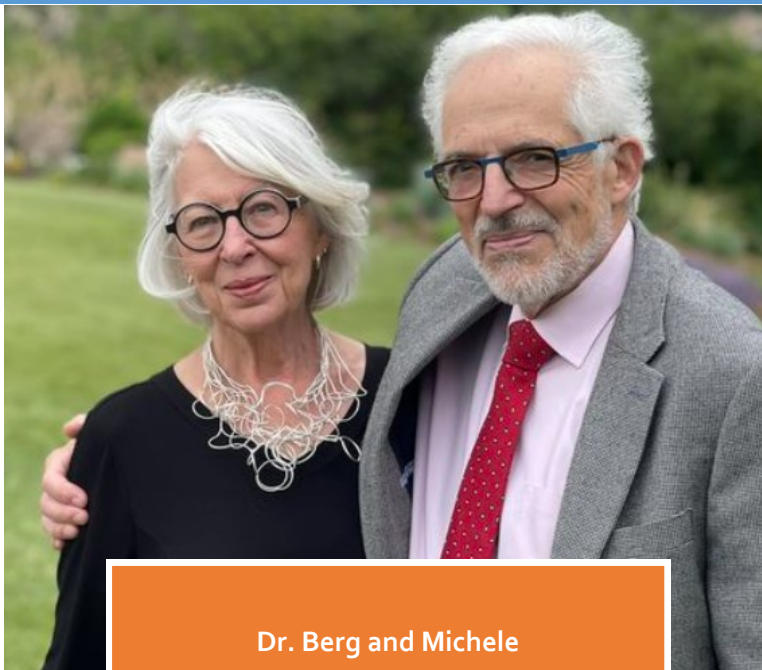
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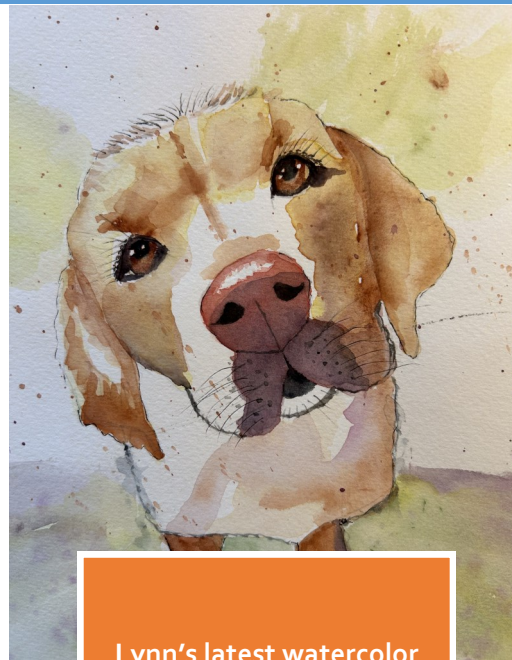
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Dr. Berg and Michele
at a family wedding



Lynn's latest watercolor

Grilled Chicken With Tomato-Cilantro Salsa

A delicious idea for your July 4th BBQ.

- 4 ounce boned, skinned chicken breast halves
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/3 cup lime juice
- 2 tsp avocado oil
- 1 cup of dice plum tomatoes
- 1/4 cup chopped green onions
- 1 1/2 tbs minced cilantro
- 1 1/2 tsp minced jalapeno pepper or to taste
- 1 tbsp red wine vinegar
- Avocado oil cooking spray



Source: Lynn's recipe box

1. Place each chicken breast half between 2 sheets of heavy duty plastic wrap, and flatten to 1/4 inch thickness, using a meat mallet or rolling pin.
2. Sprinkle both sides of chicken with salt and pepper. Place in a shallow baking dish. Combine lime juice and oil and pour over chicken turning to coat. Cover and marinate in refrigerator for 1 hours turning occasionally.
3. Combine tomatoes and next 4 ingredients in a bowl, stir well, cover, and chill.
4. Coat grill rack with cooking spray. Place grill over medium hot coals. Place chicken on rack, reserving marinade.
5. Cook 4 minutes on each side or until done, brushing occasionally with reserved marinade.
6. Serve with salsa.

Yield: 4 servings

Athletes Foot

Athlete's foot is another common summer condition that thrives due to the hotter weather. It's a fungal infection of the skin that



usually starts between the toes. Fungus loves warm, damp places and your athletic shoes and hiking boots provide just the right breeding ground for it to thrive.

If you have skin on your feet that looks scaly, peels easily, is itchy, and red you likely have athlete's foot. While you can use over-the-counter medications to treat it sometimes it requires prescription medications to eliminate it.

To prevent athlete's foot, it's important to keep your feet cool and dry just as you would for blister prevention. Follow the recommendations on Page 1.

In addition, avoid walking barefoot particularly in public spaces like pools, gym locker rooms, and yoga studios. Preventing athlete's foot is important for another reason. It can lead to [fungal toenails](#). That's because the condition doesn't just stay in between your toes but can migrate to other parts of the body.

Fungal toenails are much harder to treat, so it's important to take care of an athlete's foot infection early.

Heel pain

Heel pain (plantar fasciitis or Achilles tendonitis) is more likely to flare up when you become more active. Fortunately, there are lots of things you can do to prevent it.

- Buy supportive shoes and boots that fit properly ([here's how to make sure your shoes are supportive!](#))
- Wear over-the-counter inserts if you have mild heel pain.
- Get [custom orthotics](#) if you tend toward moderate to severe heel pain.
- Slowly build up distance while walking or hiking or the length of time you play a new sport like [pickleball](#). This gives your body time to recover.
- Avoid going barefoot.
- Keep your calf muscles stretched by warming up using [Dynamic stretches](#) and [cooling down with static stretches](#).

Plantar Warts

Plantar warts are more common in the summer because we spend so much time outside and often barefoot. While they can be treated with our newer [Swift Immune Therapy](#) or more traditional methods, it's much better to avoid them in the first place. Here's how.



- Avoid direct contact with warts, both from other people or from other parts of your body.
- Don't share foot implements such as clippers with someone who has warts, unless you sterilize them with alcohol first.
- Avoid walking barefoot, except on sandy beaches.
- Change your shoes and socks daily.
- Keep your feet clean and dry.
- Wear flip flops in locker rooms and public showers and bring your own yoga mat to class.
- Wear socks when travelling through airports

How to Prevent Non-Foot Related Summer Health Issues

Dehydration

This is a big one. So many of us are so busy that we forget to drink and that's a big problem in the summer. With more exercise and heat comes an increased risk for dehydration. It's a particular problem for older adults who can end up in the hospital but younger folks can also end up with dizziness and fatigue if they're not careful.

Solutions:

- Always carry a water bottle and drink even if you're not thirsty.
- Eat plenty of foods high in water such as fruits and vegetables.
- Hydrate before you take a major run or hike.

Sunburn

Yes, even in the Northwest we can burn. While getting your Vitamin D is important, so is protecting your skin.

Solutions

- Use and reapply sunscreen with appropriate SPF when outside
- Wear protective clothing
- Avoid sun exposure during peak hours

Food Poisoning

It's picnic time! And bacteria abounds when food sits outside.

Solutions

Keep food in a cooler after serving, keep hands and surfaces washed. Have hand sanitizer available.

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—Dr. Rion Berg

