



# FOOT SENSE

A monthly newsletter from your podiatrist



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## What's Causing My Itchy Feet?

As the seasons change, many of us brace for damp, chilly weather. But while the outdoors gets wetter, the air inside our homes often becomes drier. With windows closed and heating systems running, indoor air loses humidity, which can lead to dry, itchy skin on our feet.



Although dry air is a common culprit, there are many possible causes of itchy feet this time of year.

### Diabetes

While dry weather can certainly make your skin dryer, so can diabetes. And while itchy, dry skin in a person without this condition can be unsightly and annoying, it can be life threatening if you have diabetes. That's because when dry skin breaks down or cracks, ulcers can form. Without proper treatment an ulcer can cause someone with diabetes to lose a limb.

The key to preventing itching and dry skin in people with diabetes is getting the proper level of moisture. Our office offers many different types of foot moisturizers including a new one called Heal, which is perfect for quick application. See this featured product on the right.

Other products to heal dry skin are gel socks and gel sleeves. We carry gel socks at the office.

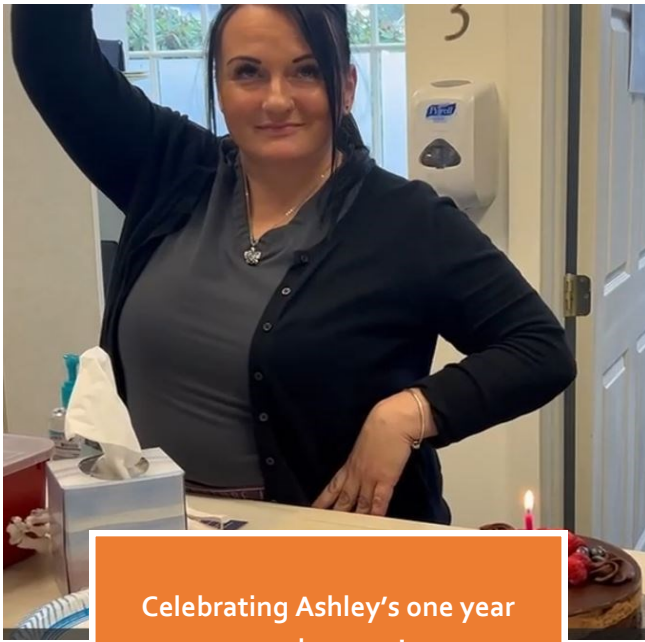
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Heal for Dry Heels and Feet  
\$35



Celebrating Ashley's one year anniversary!



Superman to the rescue on Halloween!

## Pumpkin Spice Curry Soup

Here's a hearty fall to winter soup for Thanksgiving or anytime!

- 2 lbs boneless, skinless chicken breast
- 1 tsp avocado oil
- 2.5 teaspoons curry powder, divided
- 1.5 teaspoons ground cinnamon, divided
- 3/4 tsp salt, divided
- 1 tbsp butter
- 1 sm. yellow onion, chopped
- 1 tsp ground allspice
- 1 tsp ground ginger
- 1/2 tsp ground ginger
- 1 tsp garlic, fresh or paste
- 4 ozs red curry paste
- 2 1/4 cups pumpkin puree
- 2.5 cups chicken stock
- 1 can full fat coconut milk
- 1.5 tbsp brown sugar or less
- Pumpkin seeds for topping
- Sour cream for topping optional



Source: The Seattle Times, Oct 25, 2024  
Danie Baker

1. In a medium bowl, add chicken breast, avocado oil, 1/2 tsp curry powder, 1/2 tsp cinnamon, 1/2 tsp salt. Mix to combine.
2. Bake chicken in the oven at 400 until the chicken is cooked through, about 15 to 20 minutes. Set aside
3. In a heavy pot, melt butter and add onion, 2 tsp curry powder, 1 tsp salt, 1 tsp cinnamon, ground ginger, and allspice. Saute on medium heat until onions are translucent and spices are fragrant, about 3-4 minutes.
4. Add minced garlic and curry paste. Saute for 1-2 minutes.
5. Add pumpkin puree and onion mixture to a blender and blend until smooth before transferring back to pot.
6. Add chicken stock, coconut milk and brown sugar to the pot and cook for 10 minutes on med-high heat. Add additional salt for taste.
7. Shred chicken and add to each bowl when serving.
8. Garnish with pumpkin seeds and sour cream.

## Athlete's Foot

Another very common cause of itchy feet is Athlete's foot. It's a fungus that occurs primarily between the toes. It can also cause scaling, inflammation, and blisters.



It's aptly called Athlete's foot because it's most common in active people with sweaty feet or who walk barefoot in locker rooms and are exposed to the fungus.

Athlete's foot can be treated with an over-the-counter fungicide or a stronger prescription medication.

To prevent Athlete's foot avoid walking barefoot in locker rooms and public pools, wear socks that wick away moisture, and rotate athletic shoes to let them dry out.

## Eczema

Itchy feet can also be a sign of a hereditary condition called eczema. People with eczema have an over-reactive immune system. The eczema is triggered by a substance outside or inside the body and this causes the inflammation that leads to pain and itching.

To prevent a flare-up of itchy skin daily treatment through bathing, applying moisturizers during the day, taking prescription medications, and avoiding triggers are recommended. Application of cold compresses and OTC corticosteroids can also help with mild itch.

## Psoriasis

Itching accompanied by burning, soreness, and red patches is very likely psoriasis.

The symptoms are due to rapid turnover of skin cells. Treatment focuses on preventing this rapid turnover of cells.

Psoriasis can affect toenails by causing pitting, abnormal nail growth and discoloration. The nails can also loosen and separate from the nail bed. In some severe cases the nails crumble. The true cause is unknown but many experts say it's related to an overactive immune system.

Triggers of psoriasis are infections, injury to the skin, stress, smoking, heavy drinking, Vitamin D deficiency, and certain medications. Psoriasis is also a hereditary condition.

To reduce symptoms of psoriasis, patients need to avoid their triggers and follow treatment recommendations which include creams and ointments, light therapy, and in severe cases oral or injected medications.

## Dermatitis

Many people have allergic reactions to natural allergens such as poison oak or chemical allergens such as clothing dyes, adhesives found in bandages, soaps, detergents, rubber in shoes, and fragrance.



These allergies aren't always apparent since it can take many days for the reaction to occur. In addition to itching, you may also experience redness, heat, and swelling.

An over-the-counter steroid can help but if the condition keeps coming back it's important to eliminate the potential culprit.

## Boosting Our Immune Health This Season

As we head deeper into fall and approach winter, supporting our immune system is key to staying healthy. Seasonal changes often bring an increase in colds and other respiratory infections, so it's a great time to strengthen our body's defenses.

Nutrition plays a big role in immunity. Eating a balanced diet rich in fruits, vegetables, lean proteins, and whole grains helps provide the vitamins and minerals our immune system needs. Vitamin C, found in citrus fruits, and zinc, present in nuts and seeds, are especially beneficial for immune health.

Staying active, managing stress, and getting quality sleep also play essential roles. Exercise helps circulate immune cells, while sleep allows our body to recharge and repair. Reducing stress by practicing relaxation techniques can further support immune function.

Be sure to get your flu and Covid vaccines. They play a vital role in preventing and decreasing the severity of these conditions.

By focusing on these healthy habits, you'll be well-prepared to face the season's challenges and stay healthier year-round.



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—Dr. Rion Berg

