



# FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

October 2024

## Can Shoes Make a Difference in Bunions and Hammertoes?

Shoes can make a critical difference in treating and preventing foot pain. Sometimes a patient comes in and the only problem is their shoes. But most often, shoes are just one part of a comprehensive plan for healing a foot condition. And shoes can also play a big role in preventing foot pain and progression of certain conditions.



As fall approaches, our office gets more calls about foot problems related to wearing closed-toed shoes. Many of our women patients, especially those with bunions or hammertoes, have worn open-toed sandals all summer. Now that fall has arrived the friction of closed shoes is starting to cause them pain.

While wearing the right shoes isn't the only solution to solve bunion or hammertoe pain, they can reduce it and prevent these conditions from getting worse.

Here are shoes you should avoid if you already have bunions or hammertoes, notice one forming, or have a foot type which makes you prone to getting them. i.e. flat feet.

**Tight, narrow, or pointy shoes.** These shoes squeeze your toes together and can be very uncomfortable. They also put excessive pressure on the big toe joint, which can make your bunions worse.

### Inside this Issue:

Foot and Ankle Center Photos—2

Avgolemono: Greek Lemon Chicken Soup—2

Can Shoes Make A Difference in Bunions and Hammertoes (cont)—3

Take Aways from the Jewish New Year Holiday s—4

Continue to Page 3



Sunflowers Michele and I found in  
A Pumpkin Patch



Lynn, my marketing director, taking off at the new  
Museum of Illusions in downtown Seattle

### **Avgolemono: Greek Lemon Chicken Soup**

- Extra virgin olive oil
- 1/2 to 1 cup finely chopped carrots
- 1/2 to 1 cup finely chopped celery
- 1/2 to 1 cup finely chopped green onion
- 2 cloves of garlic, finely chopped
- 8 cups low sodium chicken broth
- 2 bay leaves
- 1 cup rice
- Salt and pepper to taste
- 2 cooked chicken breast pieces shredded or one store bought rotisserie chicken
- 1/2 cup freshly squeezed lemon



Source: [The Mediterranean Dish](#)

1. In a large pot or Dutch oven, saute carrots, celery and green onions...and, a couple minutes later, add garlic.
2. Add broth and bay leaves. Bring to a rolling boil, then add the rice (Tip: I like to soak rice in water for a few minutes before using, this helps it cook quickly and evenly.) Season with kosher salt and pepper. Turn the heat to medium-low and simmer for 20 minutes or until the rice is tender. Now, stir in shredded cooked chicken
3. Prepare the avgolemono sauce (egg-lemon sauce). In a medium bowl, whisk two eggs with the lemon juice. While whisking, add in 2 ladles-full of the broth from your cooking pot (this is to temper the eggs.) Add the sauce to the chicken soup and immediately remove from heat (this is important you do not want the eggs to cook and the soup to separate.)

**High heels and stilettos.** Sure, they make you look good, but they wreak havoc on your feet. The steep incline forces your body weight forward, jamming your toes into the front of the shoe and worsening bunions and hammertoes



**Flats.** Any shoe without proper arch support. When your arches aren't supported, your feet are forced to bear the brunt of your body weight, leading to strain on the big toe joint and, you guessed it, bigger bunions.

**Flip-flops.** While you won't be wearing these much in the fall, it's still good to know they can be problematic. While flip-flops are fine for beach wear or hanging out at the pool, they were never intended for longer walks. The truly flat ones offer no support, causing your feet to work overtime to stay balanced. After a while, this can lead to misalignment of the big toe joint. And yes, worsening bunions.

**Overly flexible shoes.** Yes—these squooshy, cushy shoes feel great, but they provide minimal support for your feet and can lead to bigger bunions.



**How can you wear stylish shoes and prevent bunions at the same time?**

**Get Your Feet Measured** - before you shop for shoes, learn the proper length and width of

your feet. That way you'll avoid shoes that are too tight.

**Shop for Shoes With A Wider Toe Box**—a wider toe box will allow your toes more wiggle room.

**Wear Shoes One Inch Or Lower** - that will prevent your toes from jamming into your toe box.

**Minimize Your High Heel Wear** - if you have to wear high heels to an event, bring lower heels to minimize the pressure on your toe joint. And wear tennis shoes for walking long distances.

**Wear A Wedge Heel** - if you like the height but want to avoid bunions and hammer-toes, consider wearing a wedge heel which will lower the overall pressure on your toes and give you a boost simultaneously. Make sure the wedge you choose has some flexibility otherwise, you're inviting other problems like a sprained ankle.



**Opt for Flip Flops with Arch Support** - consider brands like Vionic or Oofos.

**Don't Shop By Brand Alone** -brand name tennis shoes are designed for many purposes. Some are for runners, some for walkers, some for tennis or pickleball, and some for lounging. Avoid lounging shoes as these tend to be the most flexible.

**Learn to Test Your Shoes** - testing your shoes will help you learn whether your shoes are supportive. [\(video\)](#)

## Some Take-Aways From the Jewish New Year Holidays

The Jewish New Year, known as Rosh Hashanah, marks the beginning of the Jewish High Holy Days and serves as a time of reflection and renewal. Unlike many new year introspective holiday.

It invites individuals to take stock of their lives, examine their actions, and seek personal growth. The shofar, a ram's horn, is blown as a symbolic call to wake up spiritually and reassess one's behaviors and values.

This holiday encourages self-reflection on how we treat others, how we live up to our potential, and how we can improve in the coming year. Taking time each year to pause, reflect, and make amends is a universal act of self-care and personal accountability. It reminds us that we all have the ability to change, grow, and start fresh, setting positive intentions for the future. This period of renewal can bring clarity, peace, and stronger relationships for the year ahead.



## Get This Newsletter Delivered to Your Inbox

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.

**If you picked up this newsletter and would like to subscribe, you can do so by scanning the QR code on the right.**

If you want to see us cover a specific topic, please feel free to send an email to [info@bergdpm.com](mailto:info@bergdpm.com). Type "Newsletter Editor" in the subject line.

—Dr. Rion Berg

