

## Our Offices

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## Find Us



**Blog**

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## Fungal Toenail: Act Now to Get Your Feet Ready for Sandal Season

If you are avoiding open-toed shoes and dreading the beginning of sandal season because of a foot fungus, read on! Fungal nail is unsightly, but it can be cured, and recurrences can be prevented too.

Toenail fungus is very common with more than 10% of our population suffering from this unpleasant condition. Although it is more common in the elderly, anyone can contract this infection because it is very contagious.

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## History FootNote

The oldest known footwear of any type is a pair of sandals discovered in Fort Rock Cave in Oregon. Made of sagebrush bark, radiocarbon dating places its age at least 10,000 years.

## Celebrity Foot Focus

Singer and actor Madonna, model Kate Moss and soccer star Cristiano Ronaldo have all suffered from toenail fungus.

## ....continued from page 1 Fungal Toenail: Act Now....

The fungi that cause this problem just love damp, warm environments. Your risk of an infection increases if you:

- Have poor circulation
- Go barefoot in public areas like locker rooms, pools and spas
- Share socks, shoes or nail clippers with others
- Wear sweaty socks or damp shoes for long periods

### Symptoms of Fungal Nail

With a fungal nail infection, you may experience:

- Nail discoloration – black, yellow, white or green
- Nail thickening and distortion, causing difficulty when trimming
- Crumbly or brittle nails where pieces break off
- Skin adjacent to the nail that is infected, red and swollen or itchy
- Discomfort or pain, especially when wearing shoes or putting pressure on the toe

### Treating and Preventing Toenail Fungus

Please come and see us if you suspect that you have a toenail fungus. We want to see you especially if you have a persistent problem.

Based on the severity of the infection, our treatment methods may include:

- Medicated nail polish
- Oral antifungal medication
- Topical antifungal medication to be applied to the problem area
- Removal of the nail and treating the underlying skin

Good hygiene and foot care can help prevent fungal nail. This includes never sharing shoes and socks or foot care products. Other preventive methods are:

- Washing your feet every day and drying carefully, especially between the toes.
- Disinfecting your own pedicure tools regularly.
- Choosing a nail salon carefully and keeping good sanitary procedures in mind.
- Keeping your feet as dry as possible by wearing breathable shoes, changing socks after sweating and applying anti-fungal powder.
- Always protecting your feet in communal areas – wear flip-flops or shower shoes

Your first step should be calling us for an evaluation! Don't hide your feet because of unattractive nail fungus – let us help!

## Put a “Spring” in Your Step With the Help of Orthotics and the Right Athletic Shoes

It's not too late to ramp-up your 2020 exercise program, especially with good weather right around the corner. But if your feet hurt or your shoes are uncomfortable, you may put off that morning walk.

The right athletic shoes can make a big difference in the comfort and success of your workouts. Don't let discomfort disrupt your health goals! Here are our top tips for choosing athletic shoes:

- First of all, get rid of your old sneakers that are worn out. Check the soles for excessive wear. It's time to start fresh!



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## Foot Funnies



I just purchased some sandals for my frog – they are “open-toad.”

## ....continued from page 2 Put a “Spring” in Your Step...

- Visit a reputable sports shoe store and have your feet professionally measured.
- Bring along your own athletic socks for trying on shoes. Better yet, invest in new ones!
- Tell the shoe professional what workout you prefer. Walking shoes are very different from running shoes which are different from tennis shoes ... you get the picture! For best results, choose athletic shoes for each sport.
- A knowledgeable athletic shoe salesperson will assess your foot's arch and recommend the best shoes for an individualized fit.
- Lace the shoes up completely in the store and take a few turns around to check for fit. There should be plenty of toe room and no slippage in the heel.

You can read more about choosing the right athletic shoe [here](#).

### Custom-Fitted Orthotics Help Sports Performance in 4 Ways

Custom made insoles designed just for you, called orthotics, can help relieve pain and discomfort for those who have foot or ankle alignment issues. Custom-fitted orthotics can also help give your feet extra support for athletic activities in 4 ways:

1. Reducing fatigue by helping maintain foot alignment.
2. Cutting the risk of injury, especially in those who overpronate or under-pronate.
3. Raising efficiency of movement as propulsion through gait and stride improves.
4. Assisting injury recovery with valuable support and weight distribution in high-impact activities.

Orthotic devices custom-made for your feet can greatly improve sports performance. Ask us how orthotics can ease your foot discomfort and boost your workout levels.

## Think Safety First During Youth Sports Safety Month

If you have a young athlete in your life, the last thing that either of you would want is an injury. But the reality is that injuries among teens and children are all too common. In fact, more than 1 million youth visit emergency rooms each year for sports-related injuries.

April is National Youth Sports Safety Month and the perfect time for kids, parents and coaches to review simple tips to keep young athletes in the game:



- Take your child for a physical exam before sports begin to rule out any potential medical conditions.
- Equip your child for the activity. This is especially important for footwear. Don't use hand-me-down athletic shoes or cleats as these will have molded to the prior owner's feet. Choose appropriate shoes for each sport along with good quality socks.
- Encourage good hydration practices before, during and after practices and games.
- Make sure that the coach provides for stretching before and after workouts to release muscle tension and help prevent muscle tears or sprains.
- Give your young athlete a break from sports to let muscles rest. Another approach is to let the child play alternate sports to vary the workout through the year.
- Check that coaches know their sports and are certified in CPR and first aid. They should be able to identify the symptoms of a concussion and rest players frequently during practices and games.

Play smart to prevent foot and ankle injuries! However, if your young athlete has any discomfort or pain for any reason, please make an evaluation appointment. We are here to help!

## Video of the Month: What Pregnancy does to Your Feet



### Trivia

Our feet are bigger at night. True or false?

Answer: True

After spending the whole day walking, running, or jumping around, our feet have swollen by as much as half a shoe size by the end of the day. This is why it is recommended that you buy shoes late in the day, when your feet are at their largest.



**SPRING FOWARD  
WITH SMOOTH FEET**

**KAMEA G, 20  
& PUMICE STONE**

**TOTAL PACKAGE \$35**

**DEAL OF THE MONTH | APRIL**

**Get your feet ready for sandal season  
with our medical grade exfoliant and  
emolient.**





## Recipe of the Month

### Frittata with Asparagus, Tomato, and Fontina

*This easy to make asparagus frittata is perfect for breakfast, lunch and dinner. With simple flavors, it's both fresh and comforting!*

#### Ingredients

- 6 large eggs
- 2 tablespoons whipping cream
- 1/2 teaspoon salt, plus a pinch
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon olive oil
- 1 tablespoon butter
- 12 ounces asparagus, trimmed, cut into 1/4 to 1/2-inch pieces
- 1 tomato, seeded, diced
- Salt
- 3 ounces Fontina, diced

#### Directions

1. Preheat the broiler. Whisk the eggs, cream, 1/2 teaspoon salt, and pepper in a medium bowl to blend. Set aside.
2. Heat the oil and butter in a 9 1/2-inch-diameter nonstick ovenproof skillet over medium heat. Add the asparagus and sauté until crisp-tender, about 2 minutes.
3. Raise the heat to medium-high. Add the tomato and a pinch of salt and sauté 2 minutes longer.
4. Pour the egg mixture over the asparagus mixture and cook for a few minutes until the eggs start to set. Sprinkle with cheese. Reduce heat to medium-low and cook until the frittata is almost set but the top is still runny, about 2 minutes.
5. Place the skillet under the broiler. Broil until the top is set and golden brown on top, about 5 minutes.
6. Let the frittata stand 2 minutes. Using a rubber spatula, loosen the frittata from skillet and slide the frittata onto a plate.



*Recipe courtesy of Giada De Laurentiis*



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## **Meet our Doctors**



**Eric Lewis, DPM**



**Benjamin K. Marble, DPM**



**Welcome Dr. Zeno Pfau**



**Dr. Sarah Thompson**

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