Common Foot Ailments

Fungal Nails
Discolored toenails. Infection can spread to other nails. Fungal infection can be picked up in damp areas like swimming pools and locker rooms. Clean, dry feet help prevent it.

Ingrown Toenails
Nails whose corners or sides dig painfully into skin, often causing infection. Can be caused by improper nail trimming, pressure from shoes that are too small, injury, fungus infection, heredity, and poor foot structure. Trim toenails straight across to prevent problems. Soak the foot in soapy water, apply antiseptic, and bandage. Wear well-fitting shoes. If a toenail is painful or infected, the doctor may remove the ingrown portion.

Athlete's Foot
A skin disease that can spread from the feet to other parts of the body and is caused by fungus. This disease doesn't typically spread from person to person. Signs are dry, scaly skin; itching; inflammation; and blisters. Athlete's foot can be prevented by daily washing with soap and water, drying feet, changing sweaty shoes and hose and socks regularly, and wearing shoes or sandals in public environments like the locker room or pool.

Warts
Caused by a virus that enters the skin through small cuts and infects the skin. Treatments include over-the-counter and topical acids, and laser or surgical removal, or moist heat.

Bunions
Misaligned big toe joints that can become swollen and tender. The first joint of the big toe slants outward, angling the big toe toward other toes. Usually comes from weak intrinsic muscles.

Corns and Calluses
Protective layers of dead skin cells. Calluses appear on the soles of the feet, and corns appear on top of toes. They are caused by friction from skin rubbing and shoes. Pain may be relieved by moleskin or padding. They should never be cut with an instrument.

Plantar Fasciitis
Strengthen the intrinsic muscles of the feet.

Neuroma
Enlarged benign growths of nerves, most commonly between the third and fourth toes. This nerve condition is caused by bones rubbing against and irritating the nerves. It is also caused by abnormal bone structure or pressure from poorly fitting shoes. It may cause pain, burning, or numbness between toes and in the ball of the foot. Treatment includes padding, taping, orthotic devices. Sometimes, surgical removal is required.

Heel Spurs
Calcium growths on the underside of the foot bones often associated with plantar fasciitis. And that is from weak intrinsic muscles of the foot.

For more vital info. Contact Dr. John Bergman 714-962-5891
Should people who take blood thinners avoid: broccoli, cabbage, brussels sprouts, kale, and spinach. Aren't these foods supposed to be super good for you? What will you be missing if you stop eating these foods?

Most Doctors if prescribing blood thinners say to avoid foods that are high in Vitamin K, a nutrient that plays a key role in the formation of blood clots. The clotting mechanism isn't necessarily a bad thing, by the way. It's what keeps you from bleeding to death from a paper cut. But if your blood forms clots too easily, you can have a stroke or heart attack. Vitamin K does a lot of other important things for you, too. It helps protect against both heart disease and osteoporosis by regulating the way your body stores and uses calcium, for example.

Coumadin (AKA Warfarin) prevents blood clots by blocking the action of vitamin K--and that's why your doctor wants you to avoid foods that are high in vitamin K. Consuming too much vitamin K will essentially undo the effects of the medication. But these foods are some of the healthiest foods you can eat. In addition to vitamin K, foods like broccoli and kale contain important cancer-fighting compounds along with lots of fiber, vitamin A, and other good stuff.

There is a way for you to get all the health benefits of these foods without interfering with your blood-thinning therapy.

With blood-thinners, it's critical to get the dosage right. Too much medication and you are at risk of uncontrolled bleeding; too little, and you are at risk of a blood clot. Your doctor tries to calibrate your dosage with a blood test that measures how long it takes for your blood to form a clot.

The amount of medication it takes to get the right clotting time is directly tied to how much vitamin K is in your diet. If you eat 4 servings of broccoli one day and none the next, it's going to be very hard to find the right dosage of medication for you. The easiest way for your doctor to make sure that you get about the same amount of vitamin K every day is to have you avoid foods that contain a lot of it. But then you're not getting the benefits of these great foods.

With a little effort, you can have the best of both worlds

Getting all the health benefits of broccoli and other vitamin K-rich foods without messing up your medicine will take a little effort from both you and your doctor--and you'll absolutely have to work together. First find a Doctor who is trained in nutrition, most MD’s are not.

Your job will be to be sure that you get about the same amount of vitamin K from your diet every day. Don't worry about small variations from day to day--it's the big picture we're worried about here. The easiest thing might be to plan to eat one serving (but only one) of a vitamin K-rich vegetable every day.

Meanwhile, your doctor's job will be to test your blood-clotting time and adjust your blood-thinning medication (if needed) to accommodate the amount of vitamin K in your diet.