



Coastal Podiatry Associates



Heart & Foot Health: A Valentine's Day Connection

Your heart is responsible for pumping blood throughout your body, and that includes sending oxygen-rich blood to your feet. Healthy circulation means that nutrients are delivered efficiently to your muscles and tissues, helping them stay strong and function properly. When circulation is poor, you may experience foot problems like swelling, cold feet, or cramping.

Just like any other part of your body, your feet depend on a healthy heart to stay in top shape. This connection between heart and foot health is essential, especially for people dealing with diabetes, or peripheral artery disease (PAD), both of which can affect circulation in the feet and increase risk of complications.

Show your feet some love this Valentine's Day. After all, they support you every step of the way!

[Request an appointment](#)

843-449-3668



77 Delicious Heart-Healthy Recipes

After a very long day, not all of us want to cook anything. Instead of ordering take out, try one of these heart healthy **easy-to-make** recipes. Have a look and see which ingredients are cardiovascular superstars!

[Explore the recipes!](#)



Top 5 Common Foot Problems

Top 5 Common Foot Problems & How to Prevent Them!

Struggling with foot pain or discomfort? Discover the top 5 most common foot problems, from plantar fasciitis to bunions, and learn expert tips to prevent them. Whether it's finding the right footwear, maintaining proper hygiene, or practicing simple stretches, this guide will help you take the steps needed for healthier, pain-free feet.

Don't let foot issues hold you back, click below to learn how to keep your feet happy and strong!

[We can help!](#)

We're here to help you keep your feet feeling their best.

Each doctor with Coastal Podiatry Associates specializes in state-of-the-art foot and ankle care and is Board-Certified by the American Board of Foot and Ankle Surgery. Together they have decades of combined experience and are trained in advanced surgical and nonsurgical podiatric solutions.

Their goal is to provide you with gentle, optimum quality foot care at affordable prices and to deliver their care in a compassionate and conservative manner.

Personalized treatment programs are developed to satisfy individual foot care needs.

We look forward to seeing you at any of our five convenient locations in Myrtle Beach, Conway, Little River, Surfside Beach, or International

Drive.



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