



Coastal Podiatry Associates



The Connection Between Your Heart and Feet

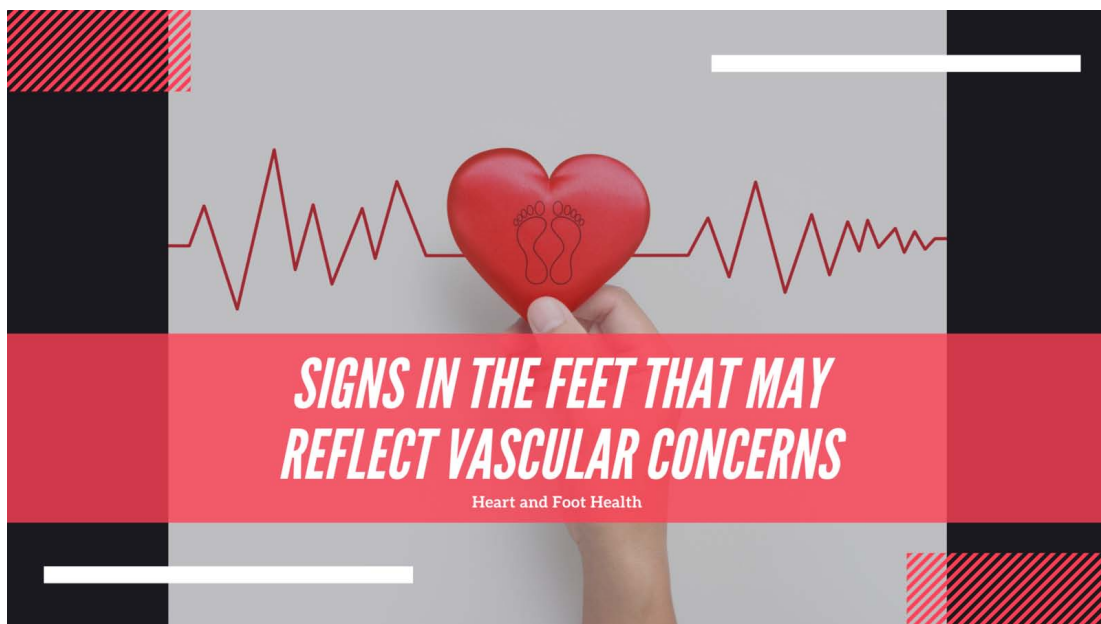
February is the month of hearts, making it the perfect time to show your feet some love too. Many people do not realize how closely heart health and foot health are connected, especially when it comes to circulation. Your feet are often the first place to show early signs of vascular changes, swelling, temperature shifts, or skin concerns. Paying attention to these small signals can make a big difference in your overall wellness. This month, we are focusing on simple ways to care for your feet, support healthy blood flow, and stay comfortable as we move closer to spring. A little extra care now helps your feet stay strong and ready for every step ahead.

[Request an appointment](#)

[843-449-3668](#)

Podiatry Riddle of The Month:

Why did the foot bring a Valentine to the heart?



Signs in the Feet That May Reflect Vascular Concerns

Your feet can reveal important clues about your circulation and overall health. Changes like cold feet, slow-healing wounds, color changes, or tingling may signal early vascular concerns that should not be ignored. This month's blog explains the key warning signs to watch for and why early evaluation is so important. Click below to learn what your feet may be trying to tell you and how a podiatrist can help.

[February Blog!](#)

HEART HEALTHY RECIPES



**Chicken
Kabobs**



**Fresh Fruit
Smoothie**



**Strawberry
Shortcake**

Heart-Healthy Recipes

The Mayco Clinic offers a wide variety of heart-healthy recipes, from appetizers and sandwiches to full meals and desserts. Their collection makes it easy to find nutritious dishes that still taste great.

[Explore the recipes!](#)

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.



MEET OUR DOCTORS



Dr. Scott Hamilton



Dr. Bradley Keefer



Dr. Richard Moore



Dr. Joseph Menn



Dr. William Parker



Dr. Scott Werter



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Associates

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www.coastalpodiatriy.com

Answer to This Month's Riddle:

It wanted to say thanks for keeping the blood flowing.