

# Coastal Podiatry Associates

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## **Summer Heat & Humidity Has Arrived**

Julys climate conditions are the perfect recipe for fungal infections to thrive, especially on your feet. Whether you're hitting the beach, walking barefoot or slipping into the same sweaty shoes every day it's easy for fungus to find a foothold. Here's what to watch for and how to protect yourself.

### **How to Prevent Fungal Infection:**

- Keep your feet dry and clean
- Wear moisture-wicking socks
- Let shoes breathe
- Use antifungal spray or powder
- Avoid going barefoot in public areas
- Trim toenails properly

If over-the-counter treatment doesn't help within a week or two, or if the

infection keeps coming back, it's time to seek professional help!

[Request an appointment](#)

843-449-3668

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### Podiatry Riddle of the Month:

What did the big toe say on vacation? (Answer below)

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### **Sneaker: Once a Simple Piece of Athletic Gear**

Sneakers are having a moment, but with this growing popularity comes a hidden health condition that many people overlook: proper foot support! The right pair of sneakers isn't just a style statement; it plays a key role in protecting your feet. While many sneakers *look* comfortable, not all are designed with foot health in mind. Read more on how to choose the right pair of sneakers!

[Sneaker blog continued...](#)

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### **14 Delicious Healthy Recipes**

You'll definitely want to dig into these recipes! Whether you're whipping up something just for you or feeding a holiday crowd, there's plenty of tasty goodness here to keep you — and your feet — feeling fabulous!

[Explore the recipes!](#)

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## **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

"This trip is *toe-tally* worth it!"