



# Coastal Podiatry Associates

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## **It's June Already?**

Summer has officially arrived bringing with it warm weather, longer days, and more time spent outdoors. Whether you're heading to the beach enjoying a picnic, or just soaking up the sunshine, this season is all about staying active and making the most of extra daylight. In this month's newsletter, we're sharing tips to help you enjoy summer while keeping your health and wellness in check, starting from the ground up.

Our featured blog, *Summer Heat and Your Feet*, dives into how rising temperatures can affect your foot health and what you can do to stay comfortable and safe during all your warm-weather adventures. You'll also find a collection of *116 Quick and Healthy Summer Recipes*, perfect for easy, nutritious meals that won't keep you stuck in the kitchen. Here's to a happy, healthy, and active June!

[Request an appointment](#)

843-449-3668

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### **Podiatry Riddle of The Month:**

Why don't feet ever get into arguments? (Answer Below)

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### **Beat the Heat: Tips for Summer Foot Care**

Our feet face a unique set of challenges as the summer temperature begins to rise. The summer heat can leave feet sweaty, dry, cracked, or even vulnerable to infections. Whether you're making a trip to the beach, going barefoot around the pool, or walking more during vacations, it's essential to give your feet the care they deserve!

[Read more here!](#)

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### **116 Quick & Healthy Summer Reciepes**

With longer days and warmer weather, no one wants to spend hours in a hot kitchen. Summer produce like tomatoes, cucumbers, berries, and leafy greens makes it easy to whip up nourishing meals in minutes—think vibrant salads, grilled proteins, smoothie bowls, and lettuce wraps. These meals not only help you stay energized and hydrated, but they also make the most of the season's flavors while supporting a healthy lifestyle.

[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 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.**



**Answer to This Month's Riddle:** Because they always try to heel things peacefully!