

Coastal Podiatry Associates



November is Diabetes Awareness Month

November is Diabetes Awareness Month, a time to come together and **support those living with diabetes** while spreading awareness about how it can affect overall health. One area that often gets overlooked is foot health.

Diabetes can **reduce blood flow** and **feeling in the feet**, which makes it easier for small cuts or blisters to go unnoticed and harder for them to heal. With a little extra care and regular checkups, though, most serious problems **can be prevented**.

At Coastal Podiatry Associates, we're dedicated to helping you stay healthy from the ground up. This month, we encourage anyone living with diabetes to **schedule a foot check** and learn simple ways to keep their feet protected every day.

[Request an appointment](#)

843-449-3668

Podiatry Riddle of the Month:

What did one foot say to the other? (Answer below)



How Cool Weather May Affect Your Feet

As temperatures drop along the Grand Strand, your feet may start to feel the change too! From dry, cracked heels to cold-weather flare-ups of existing foot pain, find out how cooler weather can affect your feet and what you can do to keep them healthy this fall.

[Read more...](#)



Delicious Fall Recipes Just for You

Eating "clean" doesn't mean sacrificing flavor or excitement. The flavors and styles are anything but bland or boring. Get ready to be amazed by how delicious your fall meals can truly be!

[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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Answer to This Months Riddle:

"Don't get cold feet!"

