



Coastal Podiatry Associates



Harvesting Healthy Habits

As the temperatures begin to cool down and the air becomes less humid, many people notice their skin starting to feel a little drier, and their feet are no exception. The shift from summer sandals to closed-toe shoes, combined with cooler, drier air, can leave your heels cracked, your skin itchy, and your nails more brittle than usual. While it may seem like a minor seasonal change, dry feet can quickly become uncomfortable and even lead to painful problems if left untreated.

If you're dealing with painful cracks, ongoing dryness, or other foot concerns this fall, don't wait for the problem to get worse. Our team is here to help keep your feet healthy, comfortable, and ready for the season ahead!

[Request an appointment](#)

843-449-3668

Podiatry Riddle of the Month:

What do you call a podiatrist's favorite type of pasta? (Answer below)



Myrtle Beach Has Seen Enough Rain

Myrtle Beach may be all about sun and sand, but lately it's seen some rain, rain, and more rain. While most of us remember our umbrellas, few think twice about protecting our feet. Damp, soggy socks and shoes set the perfect stage for athlete's foot, nail fungus, painful blisters, and odor troubles.

Read more to uncover tips on protecting your feet during these rain spells and when it's time to see one of our podiatrists!

[Read more!](#)

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Healthy Fall Recipes



ITEM	PRICE
APPLE MUFFINS	GUILT-FREE
APPLE TART	GUILT-FREE
APPLE PIE COOKIES	GUILT-FREE
APPLES AND HONEY CAKE	GUILT-FREE
PUMPKIN CHOCOLATE BREAD	GUILT-FREE
SWEET POTATOE PIE COOKIES	GUILT-FREE



What's on the Menu: 21 Healthy Fall Desserts

Fall is here, which means some cooler weather and seasonal treats! While deserts are often packed with sugar, there are plenty of delicious options that are both satisfying and better for your health. Since overall wellness plays a big role in keeping your body healthy, we thought you'd enjoy this collection of 21 healthier fall dessert recipes you can feel good about enjoying this season!

[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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Answer to This Month's Riddle:

"Toe-rtellin"