



BAYSHORE

Podiatry Center

813-877-6636 • www.bayshorepodiatry.com

June Newsletter



Summertime is here! This time of year, it's essential to keep your feet healthy and happy. In this edition, we'll cover some tips for foot care during the warmer months, highlight some common summer foot problems, and share exciting updates from our podiatry office.

Foot Care Tips for Summer:

- 1. Hydration:** Keep yourself hydrated to prevent swelling in your feet and ankles, especially in hot weather. We recommend drinking water throughout the day and applying Vaseline to your feet (excluding your toes) once a day!
- 2. Proper Footwear:** Opt for breathable shoes made of natural materials to allow your feet to breathe and reduce the risk of fungal infections. Choose sandals with a heel strap to keep your ankles stable through the summer.
- 3. Sun Protection:** Don't forget to apply sunscreen to your feet, especially if you'll be wearing sandals or flip-flops. The tops of the feet can burn easily with sun exposure.
- 4. Foot Exercises:** Incorporate foot exercises into your routine to strengthen muscles and improve circulation.
- 5. Regular Check-ups:** Schedule a visit to our office for a routine foot check-up to address any concerns before they escalate.

Common Summer Foot Problems:

- 1. Athlete's Foot:** Fungal infections thrive in warm, moist environments, making summer a prime time for athlete's foot. Keep your feet clean and dry to prevent it. Throw out any old shoes and change your socks during the day!
- 2. Blisters:** Increased activity during summer can lead to friction and blisters. Custom orthotics are a great addition to offload high friction areas and prevent blister formation. Ensure your shoes fit well and consider using blister pads for added protection.
- 3. Ingrown Toenails:** Open-toed shoes and sandals can increase the risk of ingrown toenails. Trim your nails straight across and avoid cutting them too short to prevent this painful condition. Resist the urge to dig them out at home!
- 4. Heel Pain:** Long walks or wearing unsupportive footwear can exacerbate heel pain conditions like plantar fasciitis. Supportive shoes and proper stretching can help alleviate discomfort.

Remember, your feet are the foundation of your mobility, so it's crucial to take care of them year-round. If you have any questions or concerns about your foot health, don't hesitate to contact us.

Wishing you a happy and healthy summer!

Warm regards,
The Team at Bayshore Podiatry Center

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PPS Book Your Wellness Checkup:

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