



**BAYSHORE**

Podiatry Center

813-877-6636 • [www.bayshorepodiatry.com](http://www.bayshorepodiatry.com)

# October Newsletter

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## Spooky Feet Season: Don't Let Foot Pain Haunt You!

October is here, and while the spooky season is all about fun, your foot health shouldn't be scary! Whether you're preparing for Halloween walks with your little ghosts and goblins or planning a marathon run in costume, don't let foot pain creep up on you. Bayshore Podiatry Center is here to ensure your feet are in top shape to enjoy all the festivities!

## Trick or Treat Feet Tips!

1. Don't Scare Your Feet with Tight Shoes: Whether you're rocking boots or costumes, make sure your footwear fits well. Avoid tight shoes that can lead to blisters, corns, or painful bunions.
2. Treat Your Toes: After a long day of trick-or-treating or Halloween parties, give your feet some pampering. Soak them in warm water with Epsom salts for a spooky spa experience at home!
3. Keep the Creepy Crawlies Away: Keep an eye out for common foot ailments like athlete's foot, especially if you're wearing closed shoes. Let your feet breathe to avoid fungal infections.

## Foot Care Spotlight: Pumpkin Spice & Everything Nice for Your Feet!

Fall is in the air, and just like pumpkin spice lattes, your feet deserve some seasonal love! Try a pumpkin foot scrub to exfoliate and soften your skin. Pumpkin is rich in antioxidants and vitamins A and C, helping keep your feet smooth and hydrated. Ask us about the best foot care products to keep your feet looking and feeling festive!

## Halloween Safety: Don't Get Spooked by Injuries!

Planning to go all out with your costume? Make sure your shoes are comfortable and supportive. High heels or ill-fitting shoes can cause trips, sprains, or worse! If you're taking the kids trick-or-treating, remember to wear well-lit and sturdy shoes to avoid falls in the dark.

If you do experience any injuries or pain this season, don't wait until it becomes a true fright. Schedule an appointment with us today to ensure a full recovery!

## Special Halloween Offer:

From October 15th to November 1st, mention this newsletter to get 10% off one bottle of daniPro™ Doctor Formulated Nail Color!

## Fun Foot Fact:

Did you know that our feet contain 26 bones and over 100 muscles, tendons, and ligaments? Talk about spooky complexity! Be sure to take care of them by staying active and wearing supportive shoes.

Don't let foot pain scare you this Halloween! Call us today to book an appointment and keep your feet happy and healthy.

Wishing you a Happy Halloween from all of us at Bayshore Podiatry Center! Stay safe

and have fun!

Warm regards,

**The Team at Bayshore Podiatry Center**

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### Contact Us

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**PS We're now offering Onyfix with the introductory price of  
\$95!**



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