

It's Hot, It's Humid... **Got Fungus?**
That's Our Specialty



**Laser Treatment for Fungal Nail Care plus
Ultimate Anti-Fungal Hygiene Kit with
KeryFlex Medical Nail Restoration**

Beautiful Toenails Today

Call Today (617) 479-7921

contactus@footcarespecialistspc.com

Our Office Locations

Crown Colony Medical Center
500 Congress Street, Suite 1D
Quincy, MA 02169

Eastbrook Executive Park
30 Eastbrook Road, Suite 104
Dedham, MA 02026

**Consider getting a PADnet test
in our office. Call 617-479-7921
for more information.**

Summer Foot Care Essentials

Summer means wearing the lightest shoes as possible - sandals are in and boots are out. But carefree living doesn't mean not taking care of your feet.

Warm weather brings its own set of potential foot problems. Here is a quick checklist to keep your feet happy and healthy during the warmest months of the year:



- ✓ Limit walking barefoot to protect feet from sunburn and contagious foot diseases like plantar warts and athlete's foot.
- ✓ Always wear flip flops or shower shoes in public areas like swimming pools, showers, locker rooms and even hotel rooms to avoid picking up bacteria.
- ✓ Apply sunscreen liberally to feet and ankles whenever you use it. Reapply after being in the water.
- ✓ Keep hydrated by drinking water to minimize water retention in the feet.
- ✓ Wear the right shoes for each activity. Flip flops are great poolside but don't have enough support or protection for hiking. Do a little research to make sure you're properly equipped for each adventure.
- ✓ Be sure to tote along an extra pair of dry shoes and clean dry socks if your sneakers or shoes will be getting wet to reduce the risk of fungal infections.
- ✓ Get treatment quickly from a podiatrist for any foot or ankle problem even when you're away on vacation.

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....continued from page 1 **Summer Foot Care....**

Tuck a small foot care kit into your luggage, including:

- Flip flops
- Sterile bandages
- Antibiotic cream for injuries
- Emollient-rich foot cream
- Moleskin or blister pads
- Toenail clippers and emery board
- Pumice stone to soften calluses
- Sunscreen

Take care of your feet and enjoy the summer!

**Can't walk and exercise as much as you used to?
Click on the following treatment icons to see how we can help.**

Custom Orthotics and Orthotic Sandals

- ★ Improve Balance
- ★ Reduce Stress
- ★ Reduce Pressure
- ★ Reduce Discomfort

Footmaxx Computer Gait Analysis

Stay Active
WITH **SUPER-PULSED COLD LASER TREATMENT**

SPEEDS HEALING RELIEVES DISCOMFORT

**Patient Referrals?
We love 'em...70%
of our patients
come to us from a
friend's referral.**

Just go to
www.footcarespecialistspc.com
and enter their
name and email.
We'll help them get **FIT FEET!**

Do You Suffer from Smelly Feet?

Warm weather can worsen a common but embarrassing personal problem - smelly feet.

Medically called bromodosis, smelly feet are mostly caused by sweating. There are more sweat glands in our feet than any other place in our bodies! Most sweat glands keep the skin moist and supple and regulate temperature when exercising or in hot weather.



Sweat glands in the feet work differently. They are on the job secreting sweat all the time. Bacteria break down the sweat as soon as it comes from the pores, creating a cheesy smell.

What Causes Feet that Smell?

The main causes of smelly feet are poor personal hygiene and wearing the same shoes every day. Sweat can soak into the material of the shoes and can cause odor if they are worn before drying out completely.

Hormonal changes can cause feet to sweat more, so teenagers and pregnant women may have sweaty and smelly feet.

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History FootNote

Soldiers fighting in the trenches of World War I often suffered from trench foot, a painful and dangerous medical condition caused by long exposure to cold, wet and unsanitary environments.

Celebrity Foot Focus

Model Hailey Baldwin broke her foot at the Met Gala 2016 in New York City - exactly one year after she broke the same foot at the Met Gala 2015!

Joke of the month



What did one flag say to the other flag?

Nothing, it just waved!

Trivia

What is the birthstone for July?

- A. Pearl
- B. Peridot
- C. Emerald
- D. Ruby
- E. Sapphire

Answer: D



....continued from page 2 Do You Suffer from....

Some individuals suffer from a condition called hyperhidrosis where they sweat more than usual in the underarm area or the palms and soles of the feet.

Smelly Feet Can Be Prevented

For most people, preventing smelly feet is easy. Be sure to wash your feet every day with antibacterial soap and dry carefully, especially between the toes. Then alternate your shoes so you wear dry shoes each day. Wear clean cotton or wool socks each day too, as these wick moisture away from the feet.

Here are some home remedies to try if your feet remain unusually sweaty:

- Apply spray antiperspirant to the feet every night.
- After washing and drying your feet, use a cotton ball to apply a small amount of rubbing alcohol between your toes.
- Add over-the-counter medicated insoles to your shoes.
- Choose shoes made of breathable material like canvas or leather. Wear open-toed sandals that keep feet ventilated.
- Scrub your feet with a pumice stone every time you bathe to remove excess dead skin.
- Wash your socks inside-out to remove more dead skin cells.

Athlete's foot can also cause foot odor. Please see us for effective, long-lasting treatment of this foot fungus.

Too embarrassed by unsightly toenails to wear summer sandals?
Click on the following treatment icon to see how we can help.

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Recipe of the Month

Watermelon Salad with Feta and Basil

Here's a great summer salad that's delicious, healthy, and easy to prepare!

Ingredients

- 1 small seedless watermelon (or 1/4 of a large one)

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....continued from page 3 **Recipe of the Month**

- 1/2 of a red onion, thinly sliced
- 16 leaves fresh basil
- 1/4 cup (2 ounces) crumbled Feta
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lime juice
- 1/8 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper



Directions

Cut the watermelon in half. Using a large spoon, scoop out bite-size pieces of the watermelon and add to a large bowl or platter (you should get about 8 cups).

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Slice the onion into thin half moons and scatter over the watermelon. Then scatter the basil leaves over the top.

Crumble the Feta over the salad. Drizzle with the oil and lime juice and sprinkle with the salt and pepper.

Recipe courtesy of doitdelicious.com

