



Midwest PodiatryTM Centers

Patient Newsletter
July 2024

Summer Foot Health and proper footwear to keep your feet healthy and pain free this summer

As the sun shines brighter and the days grow longer, many of us are excited to enjoy the warm weather and outdoor activities. However, summer can bring unique challenges for our feet. From hot sand to long hikes, our feet bear the brunt of our summer fun. Ensuring proper foot health and choosing the right footwear can help you stay comfortable and pain-free all season long.

The Importance of Summer Foot Care

Summer activities often mean more time on your feet, whether you're exploring new trails, playing sports, or simply walking on the beach. It's essential to take special care of your feet to prevent common issues such as blisters, fungal infections, and heel pain. Here's how:

- **Keep Feet Clean and Dry:** Wash your feet daily with soap and water, and dry them thoroughly, especially between the toes, to prevent fungal infections.
- **Moisturize:** Apply a good foot cream to keep your skin hydrated, but avoid the area between the toes.
- **Protect from the Sun:** Don't forget to apply sunscreen on your feet to prevent sunburn, especially if you'll be barefoot or wearing open sandals.

Stay Active, Stay Healthy When to See A Podiatrist

If you experience persistent foot pain, swelling, or any signs of infection, it's important to consult a podiatrist. Early intervention can prevent minor issues from becoming serious problems.

Choosing The Right Footwear

Proper footwear is crucial for maintaining foot health during the summer. The right shoes can provide support, prevent injuries, and keep your feet comfortable. Here are some tips for selecting the best summer footwear:

- **Opt for Breathable Materials:** Shoes made from natural materials like leather or canvas allow your feet to breathe and reduce the risk of blisters and infections.
- **Ensure Proper Fit:** Shoes that are too tight can cause blisters, while those that are too loose can lead to instability and injuries. Make sure your shoes fit well, with enough room for your toes to move freely.
- **Look for Arch Support:** Whether you're choosing sandals or sneakers, make sure they offer good arch support to prevent foot strain and pain.
- **Cushioning is Key:** Shoes with adequate cushioning can absorb shock and reduce the impact on your feet during activities like walking or running.

Types of Footwear for Different Activities

- **For the Beach:** Choose flip-flops or water shoes that are quick-drying and offer protection against hot sand and sharp objects. However, avoid wearing flip-flops for extended periods as they often lack support.
- **For Hiking:** Invest in a good pair of hiking boots or trail shoes with excellent grip, ankle support, and breathability.
- **For Sports:** Athletic shoes designed for specific sports (e.g., running, tennis) can provide the necessary support and cushioning to protect your feet during high-impact activities.
- **For Casual Wear:** Stylish sandals with arch support and cushioned soles can be both comfortable and fashionable. Brands like Birkenstock, Teva, and Vionic offer great options.

Addressing Common Foot Problems

- **Blisters:** Prevent blisters by wearing moisture-wicking socks and properly fitted shoes. If you do get a blister, avoid popping it; instead, cover it with a bandage and keep it clean.
- **Athlete's Foot:** This fungal infection thrives in warm, moist environments. Keep your feet dry, change socks frequently, and use antifungal powders or creams if needed.
- **Heel Pain:** Often caused by plantar fasciitis, heel pain can be alleviated with proper arch support, stretching exercises, and over-the-counter orthotics.

When to See A Podiatrist

If you experience persistent foot pain, swelling, or any signs of infection, it's important to consult a podiatrist. Early intervention can prevent minor issues from becoming serious problems.

Recipe of the Month

Lemon-Berry Firecracker Cake



Ingredients

- Cooking spray
- 1 (15.25-oz.) box white cake mix
- 1 (3.4-oz.) package instant lemon pudding mix
- 4 large eggs
- 1/2 c. vegetable oil
- 1 c. plus 1 tbsp. (or more) lukewarm water
- 1/4 c. raspberry jam
- 7 (or more) drops red gel food coloring, divided
- 1/4 c. blueberry jam
- 7 (or more) drops blue gel food coloring, divided
- 3 c. powdered sugar
- 2 Tbsp. fresh lemon juice
- 1/4 c. red, white, and blue sprinkles

Cooking Instructions

- Preheat oven to 350°. Lightly coat a Bundt pan with cooking spray.
- In a large bowl, whisk cake mix and lemon pudding mix to combine. Add eggs, oil, and 1 cup lukewarm water. Using an electric mixer on medium-high speed, beat until smooth, about 1 minute.
- Scrape 1 cup lemon batter into a medium bowl. Stir raspberry jam and 5 drops red food coloring into batter until combined. Add more food coloring, a drop at a time, if a deeper red color is desired.
- Scrape another 1 cup lemon batter into another medium bowl. Stir blueberry jam and 5 drops blue food coloring into batter until combined. Add more food coloring, a drop at a time, if a deeper blue color is desired.
- Pour red batter into bottom of prepared pan. Pour remaining lemon batter over red batter. Pour blue batter over lemon batter.
- Bake until a tester inserted in center comes out clean, 40 to 45 minutes. Let cool in pan 15 minutes, then turn out onto a wire rack and let cool completely.
- Meanwhile, in a medium bowl, whisk powdered sugar, lemon juice, and 1 tablespoon lukewarm water, adding more water drop by drop if necessary, until thick and smooth and mixture is a lava-like consistency.
- Scoop a 1/4 cup white glaze into a small bowl and stir in 2 drops red food coloring. Scoop another heaping 1/4 cup white glaze into another small bowl and stir in 2 drops blue food coloring.
- Drizzle white, then blue, then red glaze over cake. Scatter sprinkles over top. Let glaze set about 30 minutes before slicing.

Can You Spot All 5 Differences!



July Holidays and Important Dates

- **07/01 - National Postal Worker Day:** A day to appreciate and thank postal workers for their hard work and dedication.
- **07/04 - Independence Day:** Celebrates the adoption of the Declaration of Independence in 1776, marking the country's independence from Great Britain. This is a federal holiday and is often celebrated with fireworks, parades, barbecues, and various patriotic displays.
- **07/21 - National Ice Cream Day (Third Sunday in July):** A day to enjoy ice cream. Proclaimed by President Ronald Reagan in 1984.
- **07/28 - Parents' Day (Fourth Sunday in July):** A day to honor parents and their role in families and society. It is not a federal holiday but is recognized as a day of appreciation.
- **07/30 - National Cheesecake Day:** A day to indulge in and celebrate cheesecake!