



# Midwest Podiatry Centers<sup>TM</sup>

Patient Newsletter  
June 2025

## Summer Foot Health Alert: The Hidden Dangers of Going Barefoot

As summer heats up, it's only natural to want to enjoy the season barefoot—whether it's walking along the beach, lounging poolside, or simply enjoying the grass under your feet. While it may feel freeing, going barefoot in warm-weather environments can put your feet at risk for serious injury and infection.

### Barefoot Dangers: Risks You Might Not Expect

Warm weather and wet surfaces may seem harmless, but they can pose hidden dangers for bare feet:

- **Foreign Object Injuries:** Beaches and pool areas may hide hazards like broken glass, sharp rocks, bottle caps, or seashells. Stepping on one can cause deep cuts or puncture wounds that may require medical attention.
- **Fungal Infections:** Public pools, showers, and locker rooms are breeding grounds for fungi. Walking barefoot in these areas can lead to conditions such as athlete's foot or fungal toenails, which can be stubborn and difficult to treat.
- **Thermal Burns:** Sand, concrete, and pavement can become scorching hot under the sun. Bare soles can quickly suffer painful burns, sometimes without you realizing until it's too late.





## Foot Care in the Heat: Stay Ahead of the Season

Hot, humid conditions increase the chances of excessive sweating, swelling, and friction—all of which can lead to foot issues. Proper foot care becomes even more critical in the summer:

- **Control Moisture:** Excess sweat can cause athlete's foot, blisters, and bacterial infections. Wear moisture-wicking socks, change them frequently, and use foot powders or antiperspirants as needed.
- **Daily Foot Checks:** Check your feet every day, especially if you have diabetes, poor circulation, or neuropathy. Look for signs of redness, cuts, swelling, or changes in skin texture. Early detection of problems can help avoid complications.
- **Hydrate and Elevate:** Staying well-hydrated helps reduce swelling in your feet and ankles. Elevate your legs periodically to improve circulation and reduce fluid buildup.
- **Choose Breathable Footwear:** Opt for shoes made of mesh or other breathable materials to allow air flow and keep your feet cooler and drier throughout the day.

## Footwear Tips for Summer Adventures

Choosing the right footwear for your summer activities is more important than you might think. Flip-flops may be convenient, but they offer minimal arch support, no shock absorption, and little protection from sharp objects.

Prolonged use can lead to heel pain, arch strain, and even tendinitis. Instead, consider supportive sandals or athletic water shoes that offer better structure and cushioning. For hiking or long walks, lightweight trail shoes or breathable sneakers can help prevent fatigue and injury. Your summer adventures should be fun—not painful—so make smart footwear choices to support your feet wherever the season takes you.

## Step Into Summer Safely

Don't let minor foot problems turn into major summer setbacks. With a few simple precautions, you can enjoy your favorite warm-weather activities while keeping your feet healthy and injury-free. If you experience foot pain, signs of infection, or a wound that won't heal, schedule an appointment with our expert podiatry team today. We're here to keep your feet happy all season long!



# Recipe of the Month

## Cherry Tomato Pasta



### Ingredients

- Kosher salt
- 12 oz. orecchiette
- 1/3 cup extra-virgin olive oil
- 4 large cloves garlic, thinly sliced
- 2 Tbsp. tomato paste
- 5 cups cherry tomatoes, halved (about 1 1/2 lb. total)
- 1/4 tsp. red pepper flakes, plus more for garnish
- 1 Tbsp. balsamic vinegar
- 1/4 tsp. sugar
- 1/2 cup finely grated Parmesan, plus more for serving
- Chopped fresh basil leaves, for serving

### Cooking Instructions

- **Step 1:** In a large pot of boiling salted water, cook pasta until al dente, usually 2 to 3 minutes less than package instructions. Reserve 1 c. pasta water and drain pasta.
- **Step 2:** Meanwhile, in a large straight-sided skillet over medium heat, heat oil. Add garlic and cook, stirring frequently, until softened and light golden, about 3 minutes. Add tomato paste and cook, stirring, until paste is brick-red, about 1 minute. Add tomatoes, red pepper flakes, and 3/4 tsp. salt. Cook, stirring occasionally, until tomatoes are tender and starting to burst, about 5 minutes.
- **Step 3:** Increase heat to high and add vinegar and sugar. Bring to a boil and cook 1 minute. Add pasta, Parmesan, and 1/2 c. reserved pasta water. Cook, stirring, until sauce thickens and coats pasta, about 2 minutes more. Add more reserved pasta water by the tbsp., if necessary, to thin sauce so it coats pasta.
- **Step 4:** Divide pasta among bowls. Top with Parmesan, red pepper flakes, and basil.



# Can You Spot All 5 Differences?



## June 2025 Holidays and Important Dates

- **6/5 – World Environment Day:** Led by the United Nations to encourage global awareness and action for environmental protection.
- **6/8 – National Best Friends Day:** Celebrates the importance of friendship and appreciating your closest companions.
- **6/15 – Father's Day:** A day to honor and celebrate fathers and father figures with gifts, gatherings, and expressions of gratitude.
- **6/20 – Summer Solstice:** Commemorates the end of slavery in the U.S., marking the day enslaved people in Texas learned of their freedom in 1865.
- **6/21 – International Yoga Day:** Promotes the practice of yoga for physical, mental, and spiritual well-being, celebrated globally.
- **6/27 – National Sunglasses Day** 🕶️: Raises awareness about UV eye protection and celebrates stylish, sun-safe eyewear.