

Midwest PodiatryTM Centers

Patient Newsletter
February 2026

This February, Show Your Heart (and Feet) Some Love

February is best known for Valentine's Day and Heart Health Month—but did you know your feet can reveal important clues about your heart health too?

Healthy circulation plays a vital role in keeping both your heart and your feet strong.

The Connection Between Heart Health & Foot Health

Your heart works hard to pump blood throughout your body, including all the way down to your feet. When circulation is compromised, your feet are often one of the first places to show signs. Conditions such as poor circulation, neuropathy, and swelling can be linked to underlying cardiovascular issues.

Common foot-related symptoms connected to circulation problems include:

- Cold or numb feet
- Tingling or burning sensations
- Swelling in the feet or ankles
- Slow-healing sores or wounds
- Changes in skin color or temperature



Early Warning Signs You Shouldn't Ignore

Your feet can act as an early warning system for vascular or circulatory concerns. Persistent pain, discoloration, thickened toenails, or unexplained swelling may signal more than a foot problem.

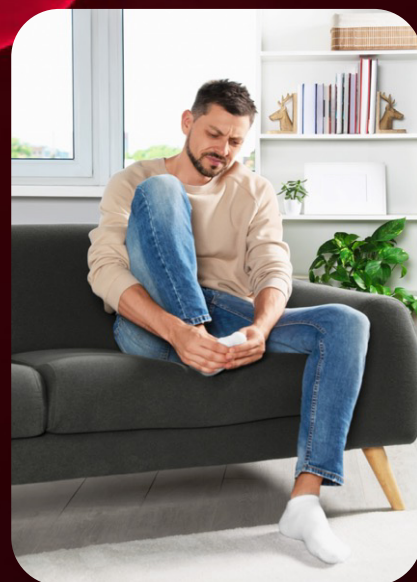
These changes deserve attention, especially for patients with diabetes, high blood pressure,



When to See a Podiatrist vs. Your Primary Care Provider

See a podiatrist for foot pain, numbness, wounds, nail changes, infections, or ongoing swelling. We specialize in identifying foot-related signs of circulation and nerve issues. See your primary care provider if symptoms extend beyond your feet, such as chest pain, shortness of breath, dizziness, or widespread swelling.

Often, podiatrists and primary care providers work together to ensure your overall health is fully addressed.



Your Feet Tell a Story. Listen to Them!

Your feet can reveal important clues about your overall health. Don't ignore changes, even if they seem minor. Early detection can make a meaningful difference in both foot health and heart health.

This February, show your heart and your feet some love. If you've noticed changes in your feet or have concerns about circulation, schedule an evaluation with our team today.



Recipe of the Month

Chili Chocolate-Covered Strawberries



Ingredients

- 6 ounces bittersweet chocolate, chopped
- 3 tablespoons heavy cream
- 1 tablespoon butter
- 1/8 teaspoon ground pure chili powder, such as ancho
- 10 large strawberries with long stems



Cooking Instructions

In a heat-proof mixing bowl, add the chocolate, cream, and butter. Place over a smaller pot of simmering water. Be sure the water does not touch the bottom of the bowl. Stir until chocolate is melted. Stir in the chili powder and mix until fully incorporated.

Hold each strawberry by the long stem and dip into the chocolate allowing the excess to drizzle back into the pan. Place chocolate covered strawberries on a parchment or waxed paper lined sheet tray. Once chocolate is cool, chill until fully set, about 30 minutes.

Serve and Enjoy!

Can You Spot All 5 Differences?



February 2026 Holidays and Important Dates

- **2/01 – National Freedom Day:** Commemorates the signing of the 13th Amendment, which abolished slavery in the United States, honoring freedom and equality for all.
- **2/11 – National Inventors' Day:** Celebrates innovation and honors inventors who have made significant contributions to society.
- **2/14 – Valentine's Day:** A day dedicated to celebrating love, relationships, and appreciation for friends and family.
- **2/17 – Presidents' Day:** A U.S. federal holiday honoring past and present U.S. presidents, often associated with George Washington and Abraham Lincoln.
- **2/20 – World Day of Social Justice:** Highlights the importance of equality, fairness, and efforts to address social injustices worldwide.
- **2/22 – Washington's Birthday:** Marks the birth of George Washington, the first President of the United States.