

Midwest PodiatryTM Centers

Patient Newsletter
June 2026

Barefoot Season Is Here: Are Your Feet Ready?

Sandals, beach trips, and open-toe shoes are back in season. But after months of being covered up, your feet may need a little extra care before they are ready to be seen.

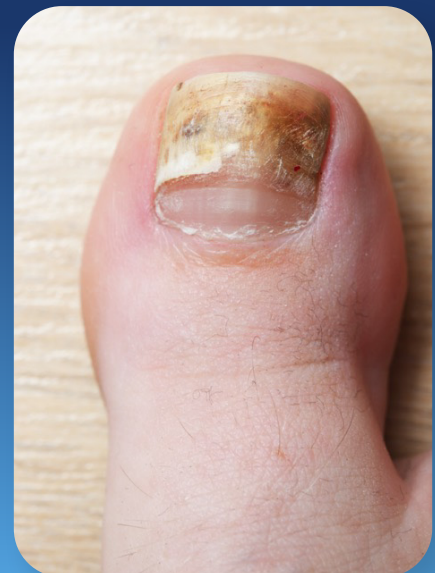
At our clinic, we see a big increase in cosmetic and medical foot concerns this time of year. The good news is most of these conditions are very treatable with the right care plan.

Cracked Heels

Dry, cracked heels are one of the most common warm-weather complaints. Beyond appearance, deep cracks can become painful or even infected. Regular hydration, professional debridement, and targeted treatments can restore smooth, healthy skin.

Toenail Fungus

Discolored, thickened, or brittle nails are often signs of fungal infection. This condition does not go away on its own and may worsen over time. Advanced options like topical or oral treatments and MLS laser therapy can help target the infection at its source.



Calluses

Hard, thickened skin builds up from pressure and friction. While common, calluses can become uncomfortable if left untreated. Professional removal and proper footwear recommendations can make a big difference in both comfort and appearance.

Wart Treatments

Plantar warts are caused by a virus and can spread or persist without treatment. Options include cryotherapy, topical treatments, and laser therapy depending on severity and location.



Sandal-Ready Feet

Healthy, confident feet are not just about appearance. They are about comfort too.

A simple check-up can address hidden issues before they become painful problems during the busy summer months.



Advanced Treatment Options

For stubborn conditions like fungal toenails, we offer advanced solutions such as MLS laser therapy, designed to target infection and support healthier nail regrowth.

Combined with personalized fungus treatment plans, results are often faster and more effective than traditional methods alone.



Recipe of the Month

Grilled Scallops with Lemon Aioli and Arugul



Ingredients

Lemon Aioli

- ½ cup mayonnaise
- 1 garlic clove, minced
- 2 teaspoons grated lemon zest, (from 1 lemon)
- 2 tablespoons fresh lemon juice, (from 1 lemon)
- ½ teaspoon kosher salt
- ¼ teaspoon freshly cracked black pepper
- 1 teaspoon smoked paprika
- 1 teaspoon honey

Scallops

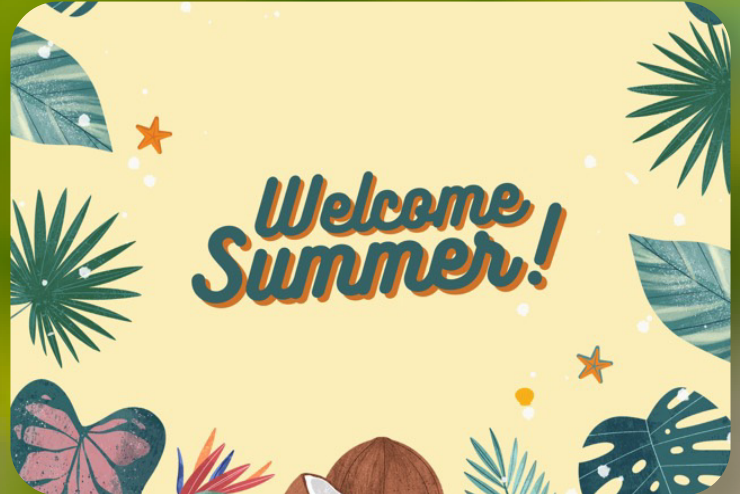
- 16 to 20 Grilled Scallops
- 4 cups loosely packed arugula

Cooking Instructions

- Make the lemon aioli. In a small bowl, whisk together the mayonnaise, garlic, lemon zest and juice, salt, pepper, paprika, and honey until smooth. Cover and refrigerate until ready to serve.
- To serve, arrange arugula and scallops on a platter or individual plates. Serve immediately with lemon aioli alongside.

Serve and Enjoy!

Can You Spot All 5 Differences?



June 2026 Holidays and Important Dates

- **6/05 – World Environment Day:** Encourages awareness and action to protect the environment and promote sustainable living practices.
- **6/8 – World Oceans Day:** Raises awareness about the importance of oceans and the need to protect marine ecosystems and wildlife.
- **6/14 – Flag Day:** Celebrates the adoption of the United States flag and recognizes its history and symbolism.
- **6/21 – Father's Day :** Celebrates fathers and father figures, recognizing their guidance, support, and impact on families.
- **6/21 – First Day of Summer:** Marks the beginning of the summer season in the Northern Hemisphere, often associated with outdoor activities and travel.
- **6/21 – International Yoga Day:** Promotes the physical, mental, and spiritual benefits of practicing yoga.