

Midwest PodiatryTM Centers

Patient Newsletter
July 2026

The Hidden Dangers of Going Barefoot This Summer

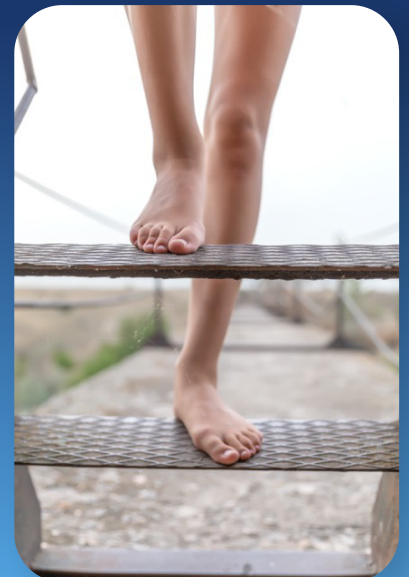
Summer is the perfect time to enjoy the outdoors, but spending more time barefoot can put your feet at risk for a variety of painful and potentially serious conditions. From heel pain and plantar warts to puncture wounds and diabetic foot complications, going without proper footwear can lead to problems that may require professional treatment.

Common Risks of Going Barefoot

Walking barefoot may seem harmless, but it can expose your feet to several avoidable injuries and conditions, including:

- Plantar fasciitis and heel pain are caused by a lack of arch support
- Puncture wounds from sharp objects such as nails, glass, or splinters
- Plantar warts are contracted from public pools, locker rooms, and showers
- Increased risk of unnoticed injuries in individuals with diabetes

Understanding these risks can help you take the necessary steps to protect your foot health throughout the season.



Why Heel Pain Can Develop

Going barefoot on hard surfaces places additional stress on the plantar fascia, the band of tissue that supports your arch. Over time, this strain can lead to inflammation and discomfort.

Common symptoms may include:

- Heel pain with the first steps in the morning
- Discomfort after long periods of standing
- Arch pain that worsens throughout the day
- Tenderness near the heel

Early treatment can help prevent symptoms from becoming chronic.



Protecting Your Feet from Warts and Injuries

Warm-weather activities often increase exposure to environments where viruses and injuries are more common. Wearing protective footwear around pools, locker rooms, and outdoor recreation areas can help reduce your risk.



Advanced Treatment Options

If foot pain, warts, or wounds are affecting your daily activities, advanced treatment options may help.

- MLS Laser Therapy for Pain can help reduce inflammation and promote healing for conditions such as plantar fasciitis and chronic heel pain.
- Laser Therapy for Warts offers a targeted approach for treating persistent plantar warts that have not responded to traditional treatments.
- Swift Therapy uses advanced microwave technology to address stubborn plantar warts with minimal disruption to daily life.

Recipe of the Month

Red, White, and Blue Pie



Ingredients

- 2 ounces white baking chocolate, melted
- 1 graham cracker crust (9 inches)
- 3/4 cup sliced fresh strawberries
- 1 package (8 ounces) cream cheese, softened
- 3/4 cup confectioners' sugar
- 3/4 cup 2% milk
- 1 package (3.3 ounces) instant white chocolate pudding mix
- 1 cup whipped topping
- 1 cup fresh blueberries
- 8 fresh strawberries, halved length-wise

Cooking Instructions

- Spread melted chocolate onto the bottom and side of the crust. Arrange sliced strawberries over the chocolate.
- In a bowl, beat cream cheese and confectioners' sugar until smooth; gradually beat in milk. Add pudding mix; beat on low speed until thickened, about 2 minutes. Spread over strawberries.
- Decorate pie with whipped topping, blueberries and halved strawberries. Refrigerate until serving.

Serve and Enjoy!

Can You Spot All 5 Differences?



July 2026 Holidays and Important Dates

- **7/01 – International Joke Day:** Celebrates humor, laughter, and the positive impact of sharing jokes and lighthearted moments with others.
- **7/04 – Independence Day:** Commemorates the adoption of the Declaration of Independence in 1776 and celebrates American freedom, patriotism, and community gatherings.
- **7/07 – World Chocolate Day:** Recognizes one of the world's most beloved treats and encourages people to enjoy and appreciate chocolate in its many forms.
- **7/14 – National Mac and Cheese Day:** Celebrates the popular comfort food enjoyed by people of all ages across the United States.
- **7/20 – International Chess Day:** Honors the game of chess and promotes strategic thinking, problem-solving, and intellectual development.
- **7/24 – International Self-Care Day:** Encourages individuals to prioritize their physical, mental, and emotional well-being through healthy lifestyle choices.