



Coastal Podiatry Associates



Foot Health Awareness Month

First things first, follow us on Facebook and Instagram to stay up-to-date with our daily posts this month! From information on common foot problems, to the importance of proper footwear, you will not want to miss one!



Your foot health is extremely important and we want to make sure you are taking care of them properly. To celebrate Foot Health Awareness Month, we created a guide with simple steps for healthier feet. We also provided information for special foot care for certain conditions like diabetes. Click the link below to read more!

[Foot Health Awareness Month Blog](#)

[843-449-3668](tel:843-449-3668)

Podiatry Riddle of The Month:

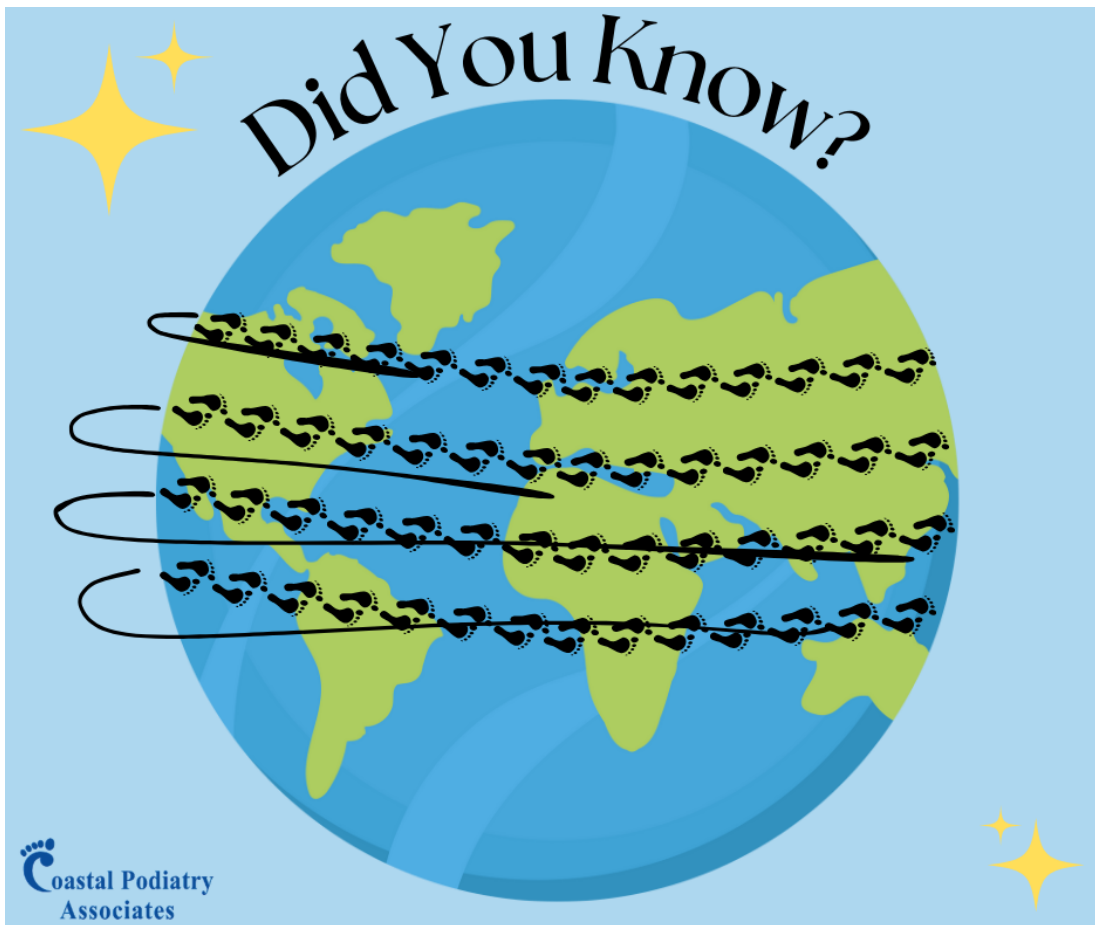
Why did the podiatrist become a gardener? (Answer below!)



Eating for Your Feet: 7 Friendly Foods that Promote Foot Health

These foot-friendly foods will *knock your socks off!* Not only do they support strong, healthy feet, but they also boost your bones, muscles, and gut health. Plus, they're packed with nutrients that can improve your overall well-being.

[Find The Foods Here!](#)



A Fun Fact You May Not Have Known!

The average person walks about **100,000 miles** in a lifetime? That's like walking around the Earth **four times!** Take care of those feet—they're putting in the work!

We're Here to Help You Keep Your Feet Feeling Their Best.

Each doctor with Coastal Podiatry Associates specializes in state-of-the-art foot and ankle care and is Board-Certified by the American Board of Foot and Ankle Surgery. Together they have decades of combined experience and are trained in advanced surgical and nonsurgical podiatric solutions. Their goal is to provide you with gentle, optimum quality foot care at affordable prices and to deliver their care in a compassionate and conservative manner.

Personalized treatment programs are developed to satisfy individual foot care needs.

We look forward to seeing you at any of our five convenient locations in Myrtle Beach, Conway, Little River, Surfside Beach, or International Drive.



 **843.449.3668**
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Answer to This Month's Riddle: 'Because they had a thing for **toe-**matoes!'