

Coastal Podiatry Associates



September is a great time to get outside and enjoy the cooler weather, but it's also important to take care of your feet. Here are a few tips to help you keep your feet healthy:

- Wear comfortable, supportive shoes. This is especially important if you're going to be doing a lot of walking or standing.
- See a podiatrist for regular checkups. This is especially important if you have any

foot problems, such as bunions or plantar fasciitis.

- Inspect your feet regularly and pay attention to changes in color, texture or appearance.
- Don't ignore foot pain. Symptoms that increase or do not resolve within a reasonable period of time need to be evaluated by your podiatric physician.

We're here to help you keep your feet feeling their best. Our skilled podiatric specialists are highly trained in diagnosing and treating diseases and disorders of the foot and ankle. Personalized treatment programs are developed to satisfy individual foot care needs. **Give us a call: 843-449-3668!**



A staff favorite recipe!
Apple Pie Protein Bars

Just ten minutes is needed to make these delicious no-bake protein bars which taste like an apple pie dessert bar, but so much healthier! These bars are refined sugar-free, gluten free, vegan, dairy free, keto, and paleo. Get the recipe [here](#).



Ankle fracture or ankle sprain?

by Tarak Amin, DPM, AACFAS, FACPM

Recently rolled your ankle playing sports or experienced a trip/fall with sudden & constant symptoms of pain and swelling? [Read more here.](#)

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

1-843-449-FOOT (3668)

Get in touch!

