



## Summer Footwear Solutions for Flat Feet

Flat feet, or pes planus, can lead to discomfort and fatigue without the right shoes. But fear not! We're here with some expert tips to keep you stylish and pain-free this summer.

- 1. Look for Arch Support:** When shopping for summer shoes, prioritize styles with built-in arch support. This extra support helps to alleviate strain on the arches of your feet, providing stability and comfort throughout the day.
- 2. Consider Orthotic-Friendly Options:** If you wear custom orthotics or shoe inserts to support your flat feet, choose footwear with removable insoles or ample room in the toe box to accommodate them. This ensures a proper fit and maximum comfort.
- 3. Embrace Adjustable Straps:** Sandals with adjustable straps are a great choice for flat feet, as they allow you to customize the fit to your foot shape and size. Look for sandals with straps across the instep and around the ankle for added support and stability.
- 4. Prioritize Breathable Materials:** Summer heat can lead to sweaty feet, which can exacerbate discomfort for those with flat feet. Choose shoes made from breathable materials like mesh or perforated leather to help keep your feet cool and dry.
- 5. Don't Sacrifice Style:** Who says supportive shoes can't be stylish? Look for trendy designs and vibrant colors that complement your summer wardrobe while still providing the support and comfort your flat feet need.
- 6. Rotate Your Footwear:** Finally, give your feet a break by rotating between different pairs of shoes throughout the week. This helps to prevent excessive wear and tear on your shoes and allows your feet to experience varying levels of support and cushioning.

## About the Doctor



**Lucy Meier, DPM**

Dr. Lucy Meier is a Wisconsin native and grew up on a strawberry farm in Sturgeon Bay. She aspired to be a foot doctor since she was twelve years old. She attended the University of Wisconsin - La Crosse before going to podiatry school at Rosalind Franklin university in North Chicago. She completed three years of surgical training at Legacy Wheaton Franciscan Hospitals, here in Milwaukee. She loves to teach and is currently the Assistant Director for the Foot and Ankle Surgery Residency Program at Ascension Hospitals in SE Wisconsin. Dr. Meier is a proud mom of 3! When she has time to herself, she loves to read history, specifically presidential biographies!





## Protecting Your Feet: Sun Safety Tips from Your Podiatrist

As summer approaches, it's important to remember that your feet need protection from the sun's harmful rays too! Prolonged sun exposure can not only lead to painful sunburns but also increase the risk of skin cancer on your feet. Here are some sun safety tips from our podiatry experts:

- 1. Apply Sunscreen:** Don't forget to apply sunscreen to all exposed areas of your feet, including the tops, soles, and sides. Choose a broad-spectrum sunscreen with an SPF of 30 or higher, and reapply every two hours or more frequently if swimming or sweating.
- 2. Wear Protective Footwear:** Opt for shoes that provide coverage and protection from the sun, such as sneakers, sandals with closed toes, or water shoes. Avoid going barefoot for extended periods, especially on hot surfaces like sand or pavement.
- 3. Seek Shade:** Whenever possible, seek shade to minimize direct sun exposure to your feet. Bring along a beach umbrella or find shelter under a tree or canopy to give your feet a break from the sun's rays.
- 4. Stay Hydrated:** Proper hydration is essential for overall health, including skin health. Drink plenty of water throughout the day to keep your skin hydrated and prevent sun-related dehydration.
- 5. Perform Regular Skin Checks:** Take the time to examine your feet regularly for any signs of sun damage, including changes in color, texture, or the appearance of new moles or lesions. If you notice anything unusual, consult with a podiatrist promptly.

By following these sun safety tips, you can help protect your feet from sunburn, premature aging, and skin cancer, allowing you to enjoy the summer sun safely and comfortably. Remember, your feet deserve the same care and attention as the rest of your body!



## Third Coast Foot Updates!

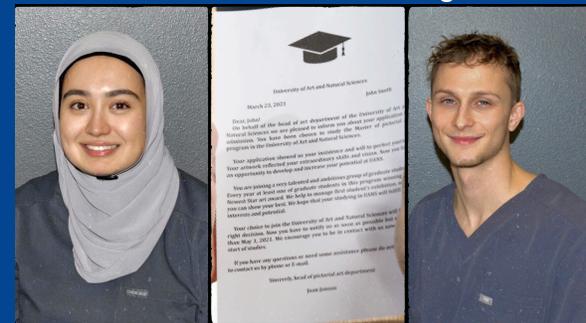
We are thrilled to extend our heartfelt congratulations to two remarkable individuals who have exemplified dedication, passion, and perseverance in their journey in the medical field.

Lets celebrate the outstanding achievement of Nora and Noah, who have been accepted into UW- Madison and MCW's medical program! Marking a significant milestone in their pursuit of excellence in healthcare!

Their invaluable contributions to our practice have not only enriched the lives of our patients but have also inspired those around them.

Transitioning from the role of medical assistants to medical school students is a testament to their relentless pursuit of knowledge and their ambition to make a tangible difference in the field of medicine.

While we will miss you, as you depart with Third Coast Foot and Ankle. We are incredibly proud of your achievements and eagerly anticipate the incredible contributions you will undoubtedly make to the field of medicine. Congrats!





## Watermelon and Feta Salad

### Directions

- Ingredients:**
- 4 cups cubed seedless watermelon
  - 1 cup crumbled feta cheese
  - 1/4 cup thinly sliced red onion
  - 1/4 cup of cucumber (optional)
  - 1/4 cup fresh mint leaves, chopped
  - 2 tablespoons extra virgin olive oil
  - 1 tablespoon balsamic vinegar
  - Salt and pepper to taste
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- **Prepare Ingredients:** Cut the watermelon into bite-sized cubes. Crumble the feta cheese. Thinly slice the red onion. Chop the fresh mint leaves.
- **Assemble Salad:** In a large bowl, combine the cubed watermelon, crumbled feta cheese, sliced red onion, and chopped mint leaves.
- **Dress the Salad:** Drizzle the extra virgin olive oil and balsamic vinegar over the salad ingredients. Gently toss the salad until everything is evenly coated.
- **Season to Taste:** Season the salad with salt and pepper to taste. Remember that feta cheese is already salty, so you may not need much additional salt.
- **Chill and Serve:** Cover the bowl and refrigerate the salad for at least 30 minutes to allow the flavors to meld together. Serve chilled as a refreshing side dish or light meal.

*Enjoy this refreshing Watermelon and Feta Salad as a healthy addition to your summer menu, knowing that it's not only delicious but also hydrating, low sugar, nutrient rich and anti-inflammatory!*

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## Product spotlight: Keryflex Nail Restoration System

Say hello to beautiful, healthy nails with KeryFlex Nail Restoration! Our clinic is proud to offer this innovative solution for damaged or unsightly nails. KeryFlex is a safe, non-invasive procedure that restores the appearance of natural nails, providing a durable, flexible, and natural-looking covering. Whether you're dealing with damaged nails from injury, fungus, or other conditions, KeryFlex can help you regain confidence in your feet. Schedule your appointment today and step into summer with pride!



## Managing Foot Pain from Increased Activity:

As temperatures rise, so can foot discomfort for many individuals. Whether you're exploring the outdoors, hitting the beach, or simply enjoying a leisurely stroll, foot pain can put a damper on your summer activities. Here are some tips from our podiatry experts to help you stay comfortable and pain-free:

### 1. Choose the Right

**Footwear:** Opt for shoes that provide adequate support, cushioning, and breathability. Look for styles with good arch support and cushioned soles to help alleviate pressure and reduce foot fatigue.

### 2. Protect Your Feet from the

**Sun:** Just like the rest of your body, your feet need protection from harmful UV rays. Wear sunscreen on exposed areas of your feet to prevent sunburn and reduce the risk of skin damage.

**3. Stay Hydrated:** Proper hydration is essential for overall health, including foot health. Drink plenty of water throughout the day to prevent dehydration, which can lead to muscle cramps and exacerbate foot pain.

### 4. Take Breaks and Rest Your

**Feet:** If you're spending long hours on your feet, be sure to take regular breaks to rest and elevate your feet. This can help reduce swelling and alleviate discomfort caused by overuse.



**5. Practice Good Foot Hygiene:** Keep your feet clean and dry to prevent fungal infections such as athlete's foot. Wear moisture-wicking socks and change them regularly, especially if your feet tend to sweat excessively.

**6. Ice and Massage:** If you experience foot pain or inflammation, apply ice to the affected area for 10-15 minutes at a time to help reduce swelling and numb pain. Gentle massage can also promote circulation and relieve tension in tired muscles.

**7. Seek Professional Help:** If you're experiencing persistent or severe foot pain, don't hesitate to seek professional help from a podiatrist. They can diagnose the underlying cause of your pain and recommend appropriate treatment options to help you get back on your feet.

## Dr. Remedy Nail Polish

Introducing Dr. Remedy Nail Polish – the stylish solution for healthier, happier feet! Formulated by podiatrists, this nail polish is enriched with nourishing ingredients like tea tree oil, garlic bulb extract, and vitamin C to promote strong, beautiful nails while keeping them fungus-free. With a range of vibrant colors and long-lasting wear, Dr. Remedy Nail Polish lets you flaunt your fabulous toes with confidence. Say goodbye to harsh chemicals and hello to healthier nails this summer with Dr. Remedy!

*Take a look at the variety of colors at either of our clinics.*



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