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Congratulations to all our 4th of July Raffle Winners!



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....continued from page 1 **Congratulations to all our 4th....**



We would like to thank everyone who entered the raffle via facebook, our newsletter or our website. As you can see, it was a HUGE SUCCESS!

Summer Foot Care Essentials

Summer means wearing the lightest shoes as possible - sandals are in and boots are out. But carefree living doesn't mean not taking care of your feet.



Warm weather brings its own set of potential foot problems. Here is a quick checklist to keep your feet happy and healthy during the warmest months of the year:
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History FootNote

Soldiers fighting in the trenches of World War I often suffered from trench foot, a painful and dangerous medical condition caused by long exposure to cold, wet and unsanitary environments.

Celebrity Foot Focus

Model Hailey Baldwin broke her foot at the Met Gala 2016 in New York City - exactly one year after she broke the same foot at the Met Gala 2015!

Joke of the Month



What did one flag say to the other flag?

Nothing, it just waved!

....continued from page 2 **Summer Foot Care Essentials**

- ✓ Limit walking barefoot to protect feet from sunburn and contagious foot diseases like plantar warts and athlete's foot.
- ✓ Always wear flip flops or shower shoes in public areas like swimming pools, showers, locker rooms and even hotel rooms to avoid picking up bacteria.
- ✓ Apply sunscreen liberally to feet and ankles whenever you use it. Reapply after being in the water.
- ✓ Keep hydrated by drinking water to minimize water retention in the feet.
- ✓ Wear the right shoes for each activity. Flip flops are great poolside but don't have enough support or protection for hiking. Do a little research to make sure you're properly equipped for each adventure.
- ✓ Be sure to tote along an extra pair of dry shoes if your sneakers or shoes will be getting wet to reduce the risk of fungal infections.
- ✓ Get treatment quickly from a podiatrist for any foot or ankle problem even when you're away on vacation.

Tuck a small foot care kit into your luggage, including:

- Flip flops
- Sterile bandages
- Antibiotic cream for injuries
- Emollient-rich foot cream
- Moleskin or blister pads
- Toenail clippers and emery board
- Pumice stone to soften calluses
- Sunscreen

Take care of your feet and enjoy the summer!

Recipe of the Month

Watermelon Salad with Feta and Basil

Here's a great summer salad that's delicious, healthy, and easy to prepare!

Ingredients

- 1 small seedless watermelon (or 1/4 of a large one)
 - 1/2 of a red onion, thinly sliced
 - 16 leaves fresh basil
 - 1/4 cup (2 ounces) crumbled Feta
 - 2 tablespoons extra virgin olive oil
 - 1 tablespoon fresh lime juice
 - 1/8 teaspoon kosher salt
 - 1/8 teaspoon freshly ground black pepper
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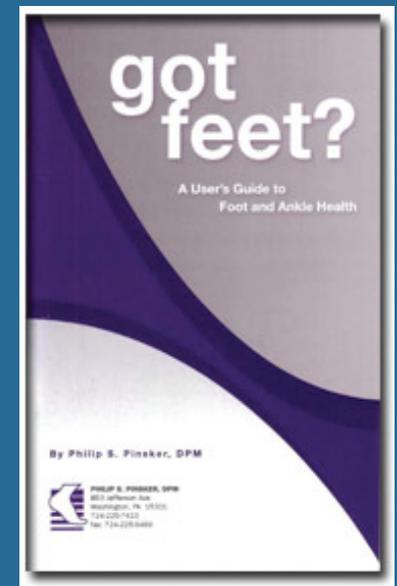
Trivia

What is the birthstone for July?

- A. Pearl
- B. Peridot
- C. Emerald
- D. Ruby
- E. Sapphire

Answer: D

Receive your **FREE** copy of Dr. Pinsker's book today!



I wrote this book because too many people suffer from foot and ankle pain unnecessarily.

~ Dr. Phil Pinsker

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Directions

Cut the watermelon in half. Using a large spoon, scoop out bite-size pieces of the watermelon and add to a large bowl or platter (you should get about 8 cups).

Slice the onion into thin half moons and scatter over the watermelon. Then scatter the basil leaves over the top.

Crumble the Feta over the salad. Drizzle with the oil and lime juice and sprinkle with the salt and pepper.

Recipe courtesy of doitedelicious.com



Dr. Philip Pinsker, DPM

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