



Capital District Podiatry, PLLC
Dr. Tejas Pandya

CapitalDistrictPodiatry.com

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Are Your Dogs Barking During These Dog Days of Summer?

Try These Tips to Soothe Sore Feet

- Enjoy a relaxing foot massage
- Mix Epson salt with warm water and a touch of lavender for a soothing foot soak
- Roll the arch of your foot over a frozen water bottle
- Make foot stretches a part of your every day
- Let us assess your feet—you could benefit from the added comfort, support, and correction of **custom orthotics!**
- **Order our free book** to keep feet happy!



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Keep your feet smelling sweet!

Sweaty feet are common this time of year, and many times that means stinky feet are, too! That's because sweat and odor are usually found together, so it makes sense that one way to make sure feet aren't so smelly is by making sure they stay dry! Want to know something funny? That Epson salt foot bath with lavender we mentioned earlier? Not only does it help with soreness, but **it helps with stinkiness**, too!

Watch Your Step—Fungus Could Be Lurking!

In the August heat, more and more people are heading to keep cool at the pool! Be sure to **protect your feet and toenails** from the fungi that like to hang out there, too!



Don't borrow towels



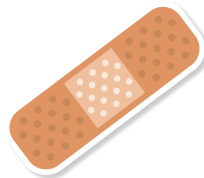
Wear slip on sandals



Dry feet thoroughly



Treat your feet with anti-fungal spray



Keep blisters or cuts covered with a bandage

Follow these summertime tips to keep your feet happy and healthy!

Have a safe and great rest of your summer!
Reminder: when you're putting on sunscreen, don't forget your feet!

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