

Superior Foot & Ankle Care Center



IN THIS ISSUE

- Welcome To Our August Newsletter!
- Treat Your Feet on Vacation This August with These Tips
- Football, Fields, and Foot Health: Stay in the Game This Fall Season
- This Month in August
- Recipe of the Month: Yellow Squash & Watermelon Salad

Welcome To Our August Newsletter!

Welcome to the August edition of our newsletter! As we stride through the summer, we hope you're staying active and taking good care of your feet. This month, we're bringing you the latest insights and tips to keep your feet healthy and happy, whether you're hitting the trails, enjoying the beach, or simply strolling through your neighborhood.

The Summer Promotion for our medical grade over-the-counter orthotics (Revolutions) has been so popular, we decided to extend it through the month of August! These orthotics are now \$100 for 2 pairs. They are usually \$70 each, so stock up for all your different pairs of shoes!



Dr. Ornelas and her family were able to spend some time in Hawaii before school starts up again. The kids loved surfing Waikiki beach, eating shaved ice, and playing in the sand!

Thank you for your ongoing trust and support. We're here to ensure your feet carry you comfortably through every season.

Cheers,

Dr. Ornelas & Dr. Foley

FEATURED ARTICLES

Treat Your Feet on Vacation This August with These Tips



August is the last month of peak vacation season. However, amidst the summer break fun, neglecting your feet can quickly turn paradise into pain.

Whether you're flying to a tropical island or driving cross-country, here's how to ensure your feet stay happy and healthy throughout your hot-weather adventure.

[Click Here to Read More](#)

Football, Fields, and Foot Health: Stay in the Game This Fall Season

With summer break ending, many kids are ready to return to the two most popular fall sports: football and soccer. While many think the only similarity between American football and soccer is their name, the two sports share much in common when it comes to feet.



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MEET OUR DOCTORS



DR. VICTORIA M. FOLEY



DR. CONSTANCE ORNELAS

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RECIPE OF THE MONTH

Yellow Squash & Watermelon Salad

No oil is necessary for this salad; the lemon juice combines with the feta to lightly coat the bright, fresh ingredients, making this a healthy salad for parties and potlucks.



INGREDIENTS

- 6 cups cubed seedless watermelon
- 2 medium yellow summer squash, chopped
- 2 medium zucchinis, chopped
- 1/2 cup of lemon juice
- 12 fresh mint leaves, torn
- 1 tsp of salt
- 8 cups fresh arugula or baby spinach
- 1 cup (4 oz) crumbled feta cheese

DIRECTIONS

Combine the first 6 ingredients in a large bowl. Just before serving, add the arugula and cheese; toss gently to combine.

Recipe courtesy of [tasteofhome.com](https://www.tasteofhome.com)

THIS MONTH IN AUGUST

INTERESTING DATES

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	7	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

4 U.S Coast Guard's Birthday

7 Purple Heart Day

21 Senior Citizens Day

24 National Waffle Day

28 Bow Tie Day

31 International Overdose Awareness Day

HISTORICAL FACTS

- ★ On August 6, 1945, the United States dropped the atomic bomb "Little Boy" on Hiroshima, killing 70,000 people and injuring many more.
- ★ On August 16, 1896, gold was discovered in Rabbit Creek, a tributary of the Klondike River. This sparked the incredible Great Klondike Gold Rush, which saw around 100,000 people migrate to the Canadian Yukon region in the hope of finding gold. The gold rush lasted until 1899.
- ★ On August 18, 1920, the 19th Amendment to the US Constitution came into effect, giving women the right to vote in the US.
- ★ On August 21, 1959, President Dwight D. Eisenhower signed a proclamation making Hawaii the 50th state in the Union.

[Book Your Appointment Today!](#)



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