

TRINITY FOOT CENTER

Hello
JUNE!

Healthy Feet News



JUNE EDITION

Healthy feet lead to an active, worry-free summer!

CUSTOM ORTHOTICS

Support Designed for You!

Foot pain, heel pain, knee pain, and leg fatigue are often caused by poor foot support and abnormal foot mechanics.

Custom orthotics can help:

- ✓ Heel pain & plantar fasciitis
- ✓ Flat feet or high arches
- ✓ Standing on concrete all day
- ✓ Athletic performance
- ✓ Knee, hip & lower back pain



ADVANCED 3D SCAN
of your feet



CUSTOM DESIGNED
for your unique needs



BETTER SUPPORT
EVERY STEP

♥ Better support starts from the ground up.

HOW DOES Foot Fungus SPREAD?



Fungal infections thrive in warm, moist environments and can spread through direct contact or contaminated surfaces.

Common ways fungus spreads:

- 👣 Walking barefoot in locker rooms or pools
- 👟 Sweaty shoes and socks
- ✂️ Sharing nail clippers or shoes
- 💅 Nail salons with improperly sanitized tools



PROTECT YOUR FEET:

- ✓ Keep feet clean and dry
- ✓ Change socks regularly
- ✓ Wear sandals in public wet areas
- ✓ Avoid sharing footwear

If you notice thick, yellow, brittle, or discolored nails, we can help with treatment options and cosmetic restoration.



DIABETIC FOOT CARE FOR SUMMER



Hot weather and outdoor activities can increase the risk of injury for diabetic patients.

Summer Foot Care Tips:

- ✓ Never walk barefoot
- ✓ Check your feet daily
- ✓ Wear supportive shoes
- ✓ Keep blood sugar controlled
- ✓ Stay hydrated

♥ Even small cuts or blisters can become serious quickly. Early treatment is important.

HEALTHY SUMMER MEAL PREP PLAN

Healthy eating helps support circulation, reduce inflammation, and improve overall wellness.



EASY ANTI-INFLAMMATORY MEAL PREP IDEAS:

- ✓ Grilled chicken, salmon or lean turkey
- ✓ Brown rice, quinoa or sweet potatoes
- ✓ Fresh vegetables & leafy greens
- ✓ Berries & seasonal fruit
- ✓ Olive oil, nuts & seeds

♥ Prep ahead. Eat well. Feel better.

DIABETIC FOOTWEAR REMINDER

Protect Your Feet This Summer



Wear proper fitting shoes



Avoid tight socks or shoes



Check for heat on pavement and sand



Moisturize, but avoid between toes



Healthy feet help you enjoy all your summer activities!



JUNE CALENDAR



June 10 Hat Day



June 15–21 Foot Health Awareness Week



June 19 Juneteenth



June 20 First Day of Summer



All Month Orthotic Consultations Available

Healthy feet take you places.

Whether you're traveling, walking, working, or spending time with the ones you love—strong, supported feet keep you moving forward.

We're here to help you this summer!



TRINITY
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