



Sol Foot & Ankle Centers July 2025 Newsletter

Flip-Flops, Fireworks & Foot Care You'll Love

July is bursting with reasons to celebrate—from Dr. Graves' 30th anniversary in practice to National Blueberry Month, Family Golf Month, and the Dog Days of Summer. We're here with fresh tips, inspiration, and a tasty recipe that's good for your feet (and your taste buds).

Let's jump in!

Dates to Remember

- **July 4** – Independence Day (We hope you had a safe and fun holiday!)
 - **All Month** – National Blueberry Month & Family Golf Month
 - **July 15** – National Give Something Away Day (Donate lightly worn shoes!)
 - **July 17** – National Tattoo Day (Thinking of foot ink? Ask us about tattoo safety.)
 - **July 30** – International Day of Friendship
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Dr. Richard Graves Celebrates 30 Years in Practice!

We're thrilled to honor **Dr. Richard Graves**, who is celebrating 30 years as a podiatric physician!

Since 1995, [Dr. Graves](#) has helped thousands of



patients walk comfortably, overcome injuries, and stay active. His dedication, compassion, and expertise have made a true difference in our Long Beach community and beyond.

*Have a message or memory to share with Dr. Graves?
We'd love to hear from you!*

Health Spotlight: What You Should Know About DVT

Deep Vein Thrombosis (DVT) is a serious condition that occurs when a blood clot forms in a deep vein—usually in the leg. Symptoms can be subtle, but early diagnosis is crucial.

Watch for signs like leg swelling, pain, redness, or warmth—especially after travel or long periods of sitting.

[Read our full article on DVT](#)

[Download the DVT Patient Handout \(PDF\)](#)

Dog Days of Summer: Fun + Foot Care Reminder

Hot sidewalks, sweaty socks, and long days can leave your feet begging for relief. Take time to:

- Change your socks daily
- Air out your shoes
- Moisturize dry heels
- Stay hydrated (feet swell when dehydrated!)

And while you're at it—check your pup's paws too. If it's too hot for your feet, it's too hot

for theirs!

Foot Tip of the Month: Flip-Flop Season Caution

We love the casual vibe of flip-flops—but not the arch pain they can cause!

Tip: Wear sandals with support, especially if you'll be walking for long periods. Your feet (and your back) will thank you.

Bonus: July is **Family Golf Month**—a great excuse to get outside, stay active, and protect your feet on the green. Remember: golf shoes matter just as much as your swing!

Funny Pun of the Month

"No Ifs, Ands, or Bunions—Just Great Foot Care!"



Recipe: Frozen Blueberry Yogurt Bark

Celebrate **National Blueberry Month** with this easy, refreshing snack that's rich in antioxidants, good for circulation, and perfect for hot days!

Ingredients:

- 2 cups plain Greek yogurt
- 2 tbsp honey or maple syrup
- 1 tsp vanilla extract
- 1 cup fresh blueberries
- Optional: sliced strawberries, granola, or chopped nuts

Directions:

1. Line a baking sheet with parchment paper.

2. Mix yogurt, honey, and vanilla in a bowl.
3. Spread mixture evenly over the baking sheet.
4. Sprinkle blueberries (and any extras) on top.
5. Freeze 3–4 hours or until firm.
6. Break into pieces and enjoy!

Keep frozen in a container for a quick, healthy treat all summer long.

Patient Spotlight

“Dr. Graves and the entire staff are wonderful. I came in with pain in both feet and now I can walk comfortably again. So thankful I found this place!”

– M.M., Long Beach

Share your experience — [Leave a review](#) and you might be featured next month!

Quick Tip: Socks = Summer Foot Armor

Don't skip the sock swap! Changing your socks daily helps prevent infections, absorbs sweat, and keeps your feet feeling fresh—especially in this heat.

We're Here to Help

Whether you're managing foot pain, thinking about custom orthotics, or just need expert advice—our team is here to keep you moving, comfortably and confidently.

[Schedule](#) your appointment today! or call (562) 433-0478

www.solfoot.com

Follow us on social media for more foot care tips and updates!

Wishing you a happy, healthy, and active July!

The Sol Foot & Ankle Centers Team
Keeping you one step ahead of foot pain

