Footnotes | November 2026

Giving Thanks for Healthy Feet

November is a time for gratitude, gathering with loved ones, and reflecting on the things that matter most—including our health!

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Diabetes and Your Feet: Small Steps Can Prevent Big Problems

November is National Diabetes Awareness Month!

Did you know diabetes can affect your feet long before you notice any symptoms?

Nerve damage, poor circulation, and slow-healing wounds can turn even a small foot injury into a serious concern. Fortunately, daily foot checks, properly fitting shoes, and regular podiatric exams can help protect your feet.

At **Sol Foot & Ankle Centers**, we're committed to helping patients with diabetes stay healthy and active. Our Diabetic Shoe Program is another way we help eligible patients protect their feet and reduce the risk of complications.

Read the Full Article

Discover five simple ways to protect your feet and learn why the right footwear makes a difference.

A Season of Gratitude: Happy Thanksgiving!



As Thanksgiving approaches, we want to take a moment to express our sincere appreciation for our wonderful patients.

At Sol Foot & Ankle Centers, we're grateful for the trust you place in us and the opportunity to help you stay healthy, active, and comfortable throughout the year.

From Dr. Graves, Dr. Shirai, Dr. Jadali, and our entire team, we wish you and your loved ones a Thanksgiving filled with happiness, good health, and special moments together.

Happy Thanksgiving from all of us at Sol Foot & Ankle Centers!



Don't Let Foot Pain Slow Down Your Holiday Plans!

The holiday season is filled with shopping, cooking, traveling, and spending time with loved ones. But all that extra time on your feet can lead to aching heels, tired arches, and uncomfortable foot pain.

Whether you're standing for hours preparing Thanksgiving dinner or walking through crowded stores searching for the perfect gifts, your feet deserve a little extra attention!

Wearing supportive shoes, taking occasional breaks, and addressing foot pain early can help keep you comfortable throughout the busy holiday season.

Read More: Tips for Keeping Your Feet Happy During the Holidays

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Important Dates to Remember

November — National Diabetes Awareness Month
A reminder of the importance of managing diabetes and protecting your feet through preventive care.

November 11 — Veterans Day
Office Closure Reminder: Both Sol Foot & Ankle Centers locations will be closed Wednesday, November 11, in observance of Veterans Day.

We extend our heartfelt gratitude to all veterans for their service and sacrifice.

November 14 — World Diabetes Day
A global reminder that diabetes awareness, education, and preventive care can make a difference.

November 26 — Thanksgiving Day
Wishing you and your loved ones a wonderful Thanksgiving filled with gratitude, happiness, and good health!



As we head into the holiday season, remember to take care of yourself—and your feet! A little prevention goes a long way toward keeping you healthy, active, and enjoying the moments that matter most.

Thank you for being part of the Sol Foot & Ankle Centers family. We look forward to keeping you stepping comfortably through the holidays and beyond!

Wishing you a happy, healthy November!

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

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

www.solfoot.com

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