Footnotes – October 2026

No Tricks, Just Healthy Feet!

October brings cooler days, fall activities, and a little Halloween fun! This month, we're taking a look at a few **scary foot problems you shouldn't ignore**, sharing tips to keep your feet safe this Halloween, and celebrating International Podiatry Day.

In This Issue:

Scary Foot Problems: 5 Signs You Shouldn't Ignore

Keep Halloween Fun — Not Frightful!

October 8 is International Podiatry Day

Joke of the Month

Need an Appointment?



Scary Foot Problems: 5 Signs You Shouldn't Ignore

October is the season for spooky surprises—but when it comes to your feet, some surprises are better checked out sooner rather than later.

Here are five foot problems that might make you say, **"Yikes! What is THAT?"**

1. A Black or Discolored Toenail

Sometimes a dark toenail is simply the result of trauma—like dropping something on your toe or repeatedly hitting the front of your shoe while running or hiking. But unexplained discoloration, especially if it doesn't grow out with the nail, deserves a closer look.

2. A Red, Hot, Swollen Big Toe

If your big toe suddenly becomes extremely painful, red, warm, and swollen, gout may be the culprit. An infection can cause similar symptoms, too. Either way, sudden redness and swelling shouldn't be ignored.

3. An Angry Ingrown Toenail

A tender ingrown nail can quickly become much more painful if the surrounding skin becomes red, swollen, or infected. Trying to dig it out yourself can sometimes make matters worse—especially if you have diabetes or poor circulation.

4. A Sore That Won't Heal

A blister, cut, or small wound that isn't healing normally needs attention. This is especially important for people with diabetes, neuropathy, or circulation problems, who may not always feel an injury when it first occurs.

5. Foot or Heel Pain That Just Won’t Go Away

Not every foot problem looks scary. Persistent heel, arch, ankle, or forefoot pain can be your body’s way of telling you something isn’t right. If pain keeps returning, changes the way you walk, or isn’t improving, it’s worth finding out why.

Don’t Let a Foot Problem Haunt You

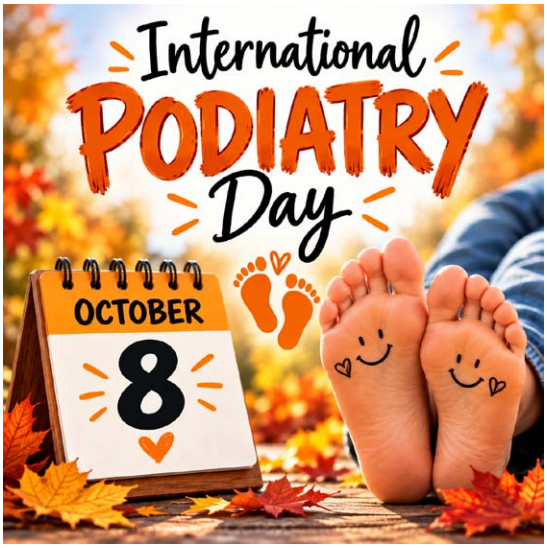
Many foot and ankle problems are easier to treat when they’re addressed early. If something looks unusual, hurts, or simply doesn’t seem right, don’t wait until it becomes a bigger problem.

The doctors at Sol Foot & Ankle Centers are here to help keep you comfortably on your feet—no tricks required!

Keep Halloween Fun — Not Frightful!

Costumes, candy and lots of walking can make Halloween tough on your feet. Make sure costume shoes fit properly, avoid footwear that’s difficult to walk in, and watch for uneven sidewalks and curbs—especially after dark.

And parents, give those little ghosts and goblins comfortable shoes if they’ll be trick-or-treating. **A cute costume isn’t worth sore feet—or a Halloween tumble!**



October 8th is International Podiatry Day!

Every October 8th, **International Podiatry Day** shines a spotlight on the importance of healthy feet and the podiatrists who help keep us moving.

Your feet carry you through a lot—so consider this your October reminder to give them a little attention, too!



Need an Appointment?

Don't let foot or ankle pain become one of October's scary surprises!

If something has been bothering you, give us a call and get it checked out.

And remember—we offer appointments on most Saturdays for your convenience.

Until Next Time…

We hope you enjoyed a little fall fun with us this month!

Whether you're heading out for a walk, cheering from the sidelines, or chasing little ghosts and goblins around the neighborhood, we hope your feet keep you comfortable every step of the way.

Have a safe, happy, and healthy October!

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!

