



AUGUST 2026



Superior Foot & Ankle Care Center

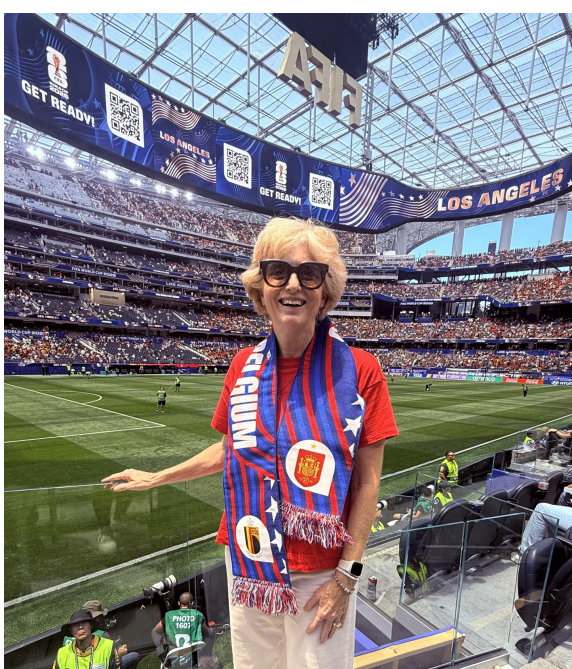


IN THIS ISSUE

- Welcome To Our August Newsletter!
- Tips For Back-to-School Shoe Shopping
- How Do I Know If I Should See a Podiatrist?
- Recipe of the Month: Grilled Steak & Strawberry Goat Cheese Salad with Vinaigrette
- Your August Calendar Highlights

Welcome To Our August Newsletter!

As summer winds down and the excitement of a new school year begins, we hope you've had a wonderful season making memories with family and friends. We have certainly been enjoying an unforgettable summer! Like so many of our patients, we were thrilled to watch the excitement of the World Cup. Dr. Foley was fortunate enough to attend the thrilling quarterfinal match between Spain and Belgium at SoFi Stadium. Meanwhile, Dr. Ornelas has been spending her summer at Dodger Stadium, cheering on the Dodgers as they chase what she hopes will be an incredible third consecutive World Series championship. There is nothing better than enjoying a beautiful Southern California evening with family, baseball, and Dodger Dogs!



As everyone settles back into school and fall sports, now is the perfect time to make sure your feet are ready for the busy months ahead. We encourage all of our patients with custom orthotics to schedule an appointment to have them checked for wear and proper support. It's also an ideal time for children to be evaluated before school starts. Growing feet can change quickly, so we'll make sure their current orthotics still fit properly or determine if they would benefit from a new pair.

Our August and September specials are designed to keep your feet healthy and comfortable. Terpenicol or Tineacide Topical Antifungal Nail Lacquer is available for **\$45** (regularly **\$50**), making it a great time to begin treating stubborn fungal nails. We're also continuing our popular wart treatment package featuring **SWIFT** and **NO Wonder foot soak** for just **\$300**, offering an effective combination to help eliminate persistent warts.

We look forward to seeing you in the office soon and helping you and your family stay active, healthy, and pain-free throughout the rest of the summer and into the fall!

Sincerely,
Dr. Ornelas & Dr. Foley

FEATURED ARTICLES

Tips For Back-to-School Shoe Shopping



As summer winds down and the new school year approaches, many parents are busy checking supplies off their shopping lists. While backpacks, notebooks, and lunch boxes often get the most attention, one purchase can have a lasting impact on your child's health: a properly fitting pair of shoes.

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How Do I Know If I Should See a Podiatrist?

It's tempting to ignore foot pain and hope it goes away on its own. After all, many people assume sore feet are just part of a busy lifestyle. But ongoing pain, swelling, or changes in your feet aren't something you should live with.

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MEET OUR DOCTORS



DR. VICTORIA M. FOLEY



DR. CONSTANCE ORNELAS

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RECIPE OF THE MONTH



Recipe courtesy of fannetasticfood.com

YOUR AUGUST CALENDAR HIGHLIGHTS



August 1 — The first US Census is completed (1790): There were four million people in the US in 1790. Today's population is approximately 349 million.

August 12 — Annual Perseid Meteor Shower – Peak Night: During this meteor shower, the "shooting stars" you see are caused by tiny grains of space dust—often no larger than a grain of sand!

August 12 — Henry Ford built the first Model T. (1908): The original Ford Model T lacked a speedometer, and it wasn't strictly black—early releases were offered in red, green, and blue.

August 15-17 — Woodstock Music Festival (1969): Woodstock drew over 400,000 attendees to a dairy farm in Bethel, New York.

August 26 — Women's Equality Day: U.S. Congress passes the 19th Amendment to the Constitution (1920), granting women the right to vote.

August 27 — International Lottery Day: Americans spend over \$100 billion annually on lottery tickets, reaching a historic peak of \$109.38 billion recently.



[REQUEST AN APPOINTMENT TODAY!](#)



Superior Foot & Ankle Care Center

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MARKETING