



JUNE 2026



# Superior Foot & Ankle Care Center



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## Welcome To Our June Newsletter!

Summer is here, and we hope everyone is enjoying longer days, family activities, vacations, and time outdoors! As always, we are grateful for the continued trust you place in our office for your foot and ankle care. We are excited to share some fun personal updates, along with our June and July promotions to help keep your feet healthy all season long.

Dr. Ornelas recently enjoyed a memorable overnight camping adventure with her daughter and her daughter's Girl Scout troop at the San Diego Zoo Safari Park's "Roar & Snore" experience. The girls spent the evening exploring the park, taking a nighttime hike to see the tigers, and listening to the lion roar throughout the night. It was an unforgettable experience made even more special because her daughter worked incredibly hard selling Girl Scout cookies to help fund the trip.

Dr. Foley recently spent time with her longtime friend, Linda Pirri, who was visiting from Hawaii. Linda is the talented artist behind much of the beautiful artwork displayed throughout our office. We are excited to share that we are currently in the process of adding a new custom piece of artwork for our newly expanded treatment room. During Linda's visit, Dr. Foley, Tom, and Linda enjoyed lunch together at Truly Pizza in Laguna Beach — known as one of the hardest reservations to get in town!



We wish all of our patients and families a safe, healthy, and fun-filled summer!

Sincerely,  
Dr. Ornelas & Dr. Foley

## June & July Promotions

### Dr.'s REMEDY Nail Polish Special

3 polishes for \$40 (regularly \$18 each)

Dr.'s REMEDY is doctor formulated, doctor recommended, and enriched with a proprietary blend of organic ingredients designed to maintain and promote optimal nail health. It is a healthier alternative to traditional nail polish and comes in a variety of beautiful colors perfect for summer.

### SWIFT Wart Treatment Package

One SWIFT treatment + NO Wonder Foot Soak for \$300 (\$375 value if purchased separately)

SWIFT uses microwave technology to target stubborn warts by stimulating the body's natural immune response. Pairing treatment with the NO Wonder Foot Soak helps support healthier skin and recovery.

### Antifungal Treatment Kit Special

\$90 (regularly \$100 if purchased separately)

Our antifungal kit includes:

- Topical nail lacquer (Terpenicol or Tineacide)
- Fortinea antifungal cream for athlete's foot
- Antifungal shoe spray

This combination is designed to help address fungal infections while preventing reinfection and keeping feet healthy throughout sandal season.

## FEATURED ARTICLES

### Why Heel Pain Gets Worse in Summer (And What to Do About It)



Summer makes us want to kick off our shoes and enjoy the freedom of flip flops, sandals, and going barefoot. But if you've ever noticed your heel pain creeping back (or getting worse) this time of year, you're not imagining it.

[Click Here to Read More](#)

### Do You Really Need a Summer Foot Checkup?

Summer tends to sneak up on us. One minute you're in sneakers and socks, and the next, your feet are front and center in sandals, at the pool, or on the beach. It's also the time of year when we're more active, more social, and, whether we realize it or not, putting a lot more stress on our feet.



[Click Here to Read More](#)

## MEET OUR DOCTORS



DR. VICTORIA M. FOLEY



DR. CONSTANCE ORNELAS

[Read More Here](#)



## RECIPES OF THE MONTH




**Lemon Herb Pasta Salad**

[Click Here for the Full Recipe](#)

Recipe courtesy of [pinchofyum.com](http://pinchofyum.com)

## YOUR JUNE CALENDAR HIGHLIGHTS



**June 1 – National Cancer Survivors Day:** This day honors the 18+ million survivors in the U.S. and celebrates life, resilience, and milestones.

**June 1 – 30 - Pride Month:** The original 1978 rainbow flag symbolizing life (red), healing (orange), sunlight (yellow), nature (green), serenity/art (blue/turquoise), and spirit (violet).

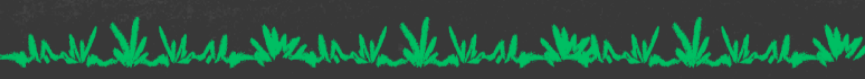
**June 6 – D Day, WWII:** Theodore Roosevelt Jr., son of U.S. President Teddy Roosevelt, was the only general in the first wave, landing at Utah Beach at age 56.

**June 7 – National Trails Day:** There are over 1.069 million miles of trails in the U.S.

**June 19 – Juneteenth:** It is also known as Freedom Day, Jubilee Day, Cel-Liberation Day, and Emancipation Day.

**June 20 – Summer Solstice:** The solstice is a precise moment in time, not the whole day, marking when the sun is at its furthest northern point.

**June 21 – Father's Day:** The oldest known Father's Day message is over 4,000 years old, carved in clay by a Babylonian boy named Elmesu to wish his father health and long life.



[REQUEST AN APPOINTMENT TODAY!](#)



**Superior Foot & Ankle Care Center**

Victoria M. Foley, DPM, FACFAS | Constance J. Ornelas, DPM, FACFAS

Phone: 562.420.9800  
[www.SuperiorFootCare.com](http://www.SuperiorFootCare.com)



Superior Foot & Ankle Care Center  
3747 Worsham Avenue,  
Suite #201  
Long Beach, CA 90808

[Office Hours](#)

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