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OCTOBER 2026

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Superior Foot & Ankle Care Center

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Welcome To Our October Newsletter!

As we head into the fall season, we have lots happening at the office—and plenty to be thankful for!

Dr. Foley recently enjoyed a few days away in **Palm Desert, California**, relaxing and spending time with her travel group friends. It was a great opportunity to recharge and enjoy some well-deserved time away from the office.

Dr. Ornelas, on the other hand, is right back in the busy school-year routine! Her kids are back in school and keeping her busy with **baseball, school activities, and upcoming dance performances**. Between practices, games, and dance rehearsals, fall is definitely a busy season at the Ornelas household!

We're Participating in SOCKTOBER!

This October, we are excited to participate in **Socktober**, a simple way to help people in our local community. Throughout the month of October, we will be **collecting donations of new socks** at our office. At the end of the month, all donated socks will be given to the **Long Beach Rescue Mission**.

Socks are one of the most requested—and often overlooked—items at homeless shelters. If you're able, please consider bringing a package of **new socks** to your next appointment. Every pair can make a difference!

New Treatment for Achilles Tendonitis

We are also excited to offer a **new treatment option for Achilles tendonitis using the peptide BPC-157**. If you're struggling with persistent Achilles tendon pain or would like to learn more about whether this treatment may be appropriate for you, please make an appointment to further discuss your options.

Fall & Year-End Specials

Our special pricing will continue **through the end of the year**:

- **Custom Orthotics — \$475**
Regularly \$525
- **Second Pair of Custom Orthotics — \$350**
When your first pair was made within the previous 6 months. Regularly \$375.
- **Extreme RX CBD — 2 for \$110**
Regularly \$130
- **Radial Shockwave Treatment — 5 sessions for \$400**
Regularly \$500

Fall is also a great time to take a look at your shoes and orthotics. With busy schedules, sports, and cooler weather ahead, make sure your feet have the support they need to keep you moving comfortably!

We wish you a happy, healthy, and wonderful fall season!

Sincerely,

Dr. Ornelas & Dr. Foley

FEATURED ARTICLES

World Arthritis Day:
Is Arthritis Causing Your Foot or Ankle Pain?

October 12 is **World Arthritis Day**, a time to raise awareness about arthritis and how it can affect everyday movement and quality of life. While many people associate arthritis with the knees, hips, or hands, it can also affect numerous joints throughout the feet and ankles.

Click Here to Read More

Halloween Costume Hazards That Can Lead to Foot and Ankle Injuries

Halloween means costumes, parties, trick-or-treating, and plenty of time on your feet. Whether you are dressing up for a Halloween event or helping your kids get ready to collect candy, the wrong costume choices can increase the risk of trips, falls, blisters, and foot or ankle injuries.

Click Here to Read More

MEET OUR DOCTORS

DR. VICTORIA M. FOLEY

DR. CONSTANCE ORNELAS

Read More Here

RECIPE OF THE MONTH

Pumpkin
BREAD
WITH MAPLE GLAZE

Click Here for the Full Recipe

Recipe courtesy of tornadoughall.com

YOUR OCTOBER CALENDAR HIGHLIGHTS

October 1-31 – Breast Cancer Awareness Month: Only about 5% to 10% of all breast cancers are linked to inherited gene mutations. The vast majority occur in people with no family history.

October 5 – World Teachers Day: Teachers work an average of about 50 to 53 hours each week, often starting long before the bell rings and grading papers at home.

October 10 – World Mental Health Day: Mental health conditions affect millions of people, with about 1 in 5 U.S. adults experiencing a mental illness each year.

October 11 – International Day of the Girl Child: Globally, **one in four** girls aged 15–19 is neither in education, employment, nor training, compared to only one in ten boys.

October 12 – World Arthritis Day: While often associated with older adults, arthritis can affect anyone at any age, including young children and teenagers.

October 15 – Global Handwashing Day: Studies estimate that only about 19% of people worldwide wash their hands with soap after using the toilet.

October 24 – United Nations Day: In many schools around the world—especially in the Philippines—students celebrate the day by wearing the traditional clothing of different countries.

October 31 – Halloween: If you ever felt like your parents were stealing your hard-earned Halloween haul, you were right. National polling shows that roughly **81% of parents** openly admit to sneaking candy from their children's trick-or-treat bags.

Superior Foot & Ankle Care Center

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REQUEST AN APPOINTMENT TODAY!

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CONTACT US →

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MARKETING