



SUMMER 2026



ATLANTIC  
foot & ankle  
specialists



912-988-3323

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# SCHEDULE YOUR MEDICAL PEDICURE TODAY!

Atlantic Foot & Ankle Specialists now offers medical pedicures, a medical spa treatment for feet. We offer several different customized foot treatments all of which are performed in a safe and sterile environment and the highest levels of hygiene are maintained with sterilized and disposable instruments.

[Click here to Learn More or Make an Appointment](#)

## FEATURED ARTICLES

### Best Footwear for Summer Festivals, Theme Parks, and Travel



Summer is the season for vacations, concerts, amusement parks, long walks, and weekend adventures. Unfortunately, it is also one of the busiest times of year for foot pain. Many people spend entire days walking in shoes that were never designed for hours of standing, heat, and activity.

[Click Here to Read More](#)

### Why Foot Problems Often Flare Up in July

For many people, July is filled with vacations, outdoor activities, pool days, travel, and long hours spent on their feet. While summer is meant to be relaxing, podiatrists often see an increase in foot problems during this time of year. Patients who felt fine in the spring suddenly begin dealing with heel pain, swelling, blisters, fungal infections, or arch discomfort by mid-summer.



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## MEET OUR DOCTORS



DR. TODD NEWSOM



DR. MELISSA ROBITAILLE

[Read More Here](#)

### No health insurance or high deductible health insurance? No Problem.

Our office is very sympathetic to people with foot or ankle pain or problems who do not have insurance or have a high deductible. No matter your coverage, you deserve high quality care. Our staff will work with you to help get you the podiatry care or surgery you need to stop your foot pain. We can offer affordable cash payment plans and a discounted price for most services for established patients who do not have insurance or have a high deductible.

To find out how we can help, call our office at 912-988-3323.



## RECIPE OF THE MONTH



### American Flag Cake

[Click Here for the Full Recipe](#)

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

## YOUR JULY CALENDAR HIGHLIGHTS



**July 4 — Independence Day:** Our 50-star flag was designed by a 17-year-old for a school project. His teacher gave him a B-minus, but raised it to an A after Congress officially adopted the design!

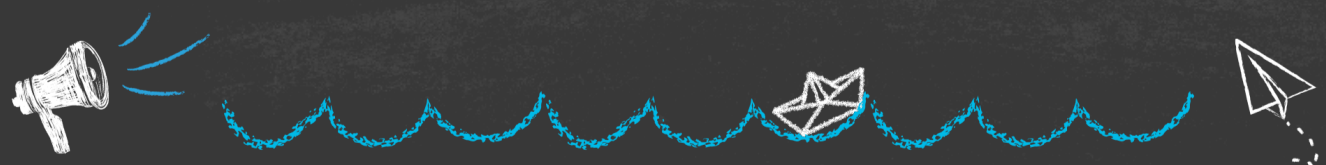
**July 7 — World Chocolate Day:** Before it arrived in Europe in 1550, chocolate wasn't sweet—it was consumed in Mesoamerica as a bitter, spicy liquid mixed with chili peppers.

**July 10 — Teddy Bear Picnic Day:** The toy was named after President Theodore "Teddy" Roosevelt after he famously refused to shoot a captured black bear on a 1902 hunting trip.

**July 17 — World Emoji Day:** Look closely at the standard "Calendar" emoji on your phone—July 17th is the exact date permanently displayed on the icon.

**July 20 — Ice Cream Soda Day:** Created by accident in 1874 when a Philadelphia soda vendor ran out of sweet cream and substituted vanilla ice cream instead.

**July 31 — Avocado Day:** Avocados are technically single-seeded berries. Due to their shape and bumpy green skin, early English colonists called them "alligator pears."



[REQUEST AN APPOINTMENT TODAY!](#)



Atlantic Foot & Ankle Specialists  
114 Canal St. Suite 703  
Pooler, GA 31322  
Phone: 912-988-3323  
Fax: 912-988-3612

[www.atlanticfeet.com](http://www.atlanticfeet.com)

**Need more info?**

Mon: 8:00 am - 5:00 pm  
Tues: 8:00 am - 5:00 pm  
Wed: 8:00 am - 5:00 pm  
Thurs: 8:00 am - 5:00 pm  
Fri: 7:00 am - 2:00 pm

[CONTACT US →](#)

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