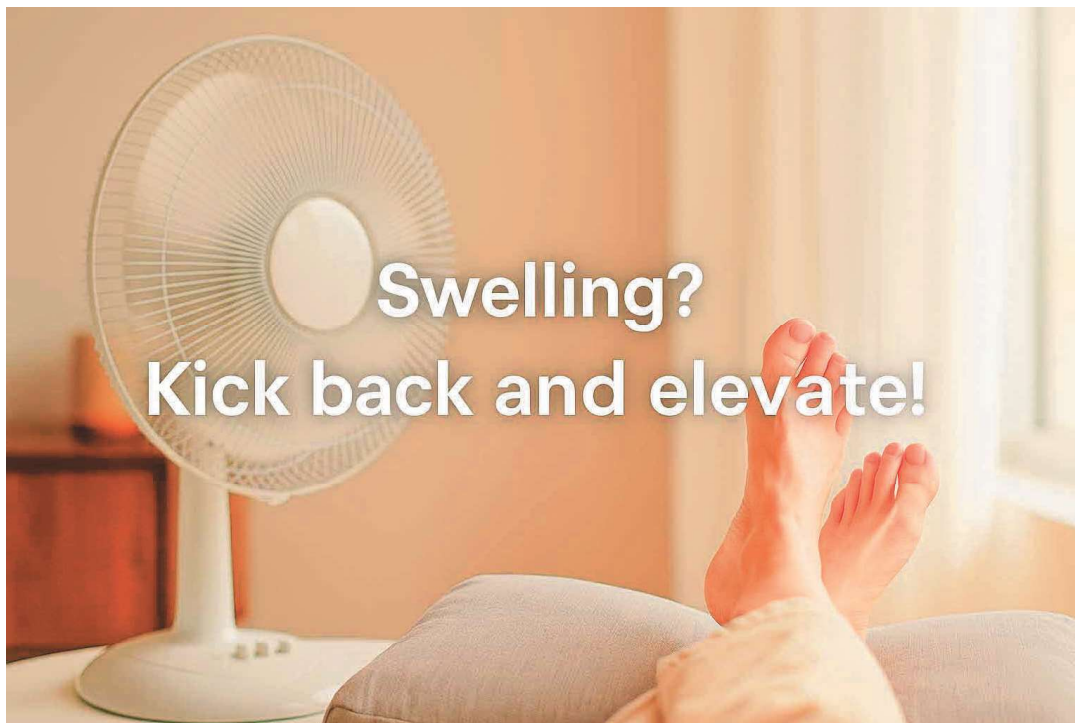


Understanding Summer Swelling — and When to Worry



As the temperatures rise, so do the number of patients asking the same question:

“Why are my feet and ankles so puffy?”

Here's what's happening

In hot weather, your blood vessels naturally expand to help your body cool down. But that widening can also lead to fluid leaking into the soft tissues — especially in your feet, the lowest point in the body. The result? Swelling (a.k.a. **heat edema**).

Here are some surprising facts about summer foot swelling:

 Triggers	 Body Response	 Quick Tip
Standing or sitting too long	Gravity pulls fluid downward	Elevate feet 20 mins a day
Heat + dehydration	Blood thickens, fluid retention	Drink at least 8 glasses daily
Weak veins/valves	Blood pools in legs/feet	Try compression socks

When to Seek Medical Help:

Swelling can be harmless — but **not always**.

Call us if your swelling is:

- One-sided
- Sudden and painful
- Accompanied by redness or heat
- Doesn't improve with rest and hydration

It could be a sign of:

- **Circulatory issues**
- **Lymphatic problems**
- **Kidney or heart conditions**
- **Or early signs of vein disease**

We can help you sort it out — early intervention makes all the difference!

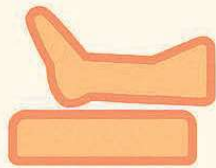
Your summer swelling survival steps!



Drink water



Wear comfortable shoes



Elevate your legs



Keep moving



Visit your doctor



[MAKE AN APPOINTMENT](#)

Meet our Office Podiatrist