




**GOTHAM FOOTCARE**

A woman wearing a white knit beanie, a white fur-lined parka, white gloves, and white leggings stands in a snowy, wooded area. The scene is decorated with gold snowflake graphics and a gold glitter effect. The text 'WINTER WELLNESS:' is overlaid in gold, with a horizontal gold line below it.

**WINTER WELLNESS:**

**BOOTS, HEELS & SAFETY**

Stay warm, stylish, and safe this winter with our guide to choosing the perfect boots. From icy sidewalks to cozy nights by the fire, we've got you covered for a season of wellness. Plus, learn how to cure cracked heels and avoid winter foot injuries with our expert tips.

## HOW TO CHOOSE THE RIGHT BOOTS

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The right pair of boots can make all the difference during the winter season. Find the right pair for you.



[READ NOW](#)

# COMMON WINTER INJURIES

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Be aware of the most common foot injuries that happen in the winter, including the risks that come with walking on snow or ice.

[TAKE A LOOK](#)

# How is Athlete's Foot Treated?

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Athlete's foot is contagious and can be spread by contact with an infected person or contact with contaminated surfaces.

In its early stages, cases of **athlete's foot can be treated with over-the-counter medicated powders, creams, sprays, or lotions** that are specifically formulated to fight the athlete's foot fungus. In moderate cases, a prescription topical medication may be required. In more severe cases, your doctor may prescribe an oral anti-fungal medication.



[LEARN MORE](#)

## BEST MOISTURIZERS FOR CRACKED HEELS

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If you have cracked heels this winter, these foot moisturizers are our top picks:

[FIND OUT](#)

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**SCHEDULE YOUR JANUARY  
CONSULTATION TODAY!**

**212-921-7900**



# GOTHAM FOOTCARE

**RATED TOP PODIATRIST IN NYC 2018-2023**

[gothamfootcare.com](http://gothamfootcare.com)

## **DOWNTOWN NYC**

233 Broadway, Suite 1775  
New York, NY 10007

## **MIDTOWN NYC**

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