



May 2026



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#### DID YOU KNOW?



You can text our office landline for non-emergent or non-clinical questions! (585) 699-2194



In order to better serve our patients and integrate communication methods, our phone number for texting the office has changed. Our new number is (585) 699-2194. Please use this number when contacting our office through text messages. As a reminder, this method of contact is not monitored 24 hours per day and should not be used for urgent or clinical questions.

Contact Us!

### Now Offering Keryflex Nail Restoration System



An Innovative & Immediate Solution For Damaged Nails

READ MORE >>

### Stay Connected!



Our patient portal offers patients convenient online, secure access to your personal health information 24-hours a day. The patient portal can be accessed from any computer or mobile device and is a great way to communicate with our office for **Non - Urgent Issues**.

Request Access Online

Read More

### New Payment and Patient Statement Options Now Available

We are excited to offer more convenient options to receive patient statements and make payments on your account. Our new **TEXT TO PAY** feature allows patients to receive their statement via text or email either in addition to or in lieu of a paper statement. Included in the text or email is a link for the patient to pay the amount that is owed.

Read More on Payment Options

Text to Pay Tutorial Video

### My Podiatrist's Pedicure Rules

Read the Rules Now

### Dr.'s Remedy Nail Polish is Available in Our Office PODIATRIST-FORMULATED NAILCARE



Dr.'s Remedy luxury lacquers will nourish your nails without harsh chemicals or toxins found in the other brands. Using a wellness-inspired approach, this product line will maintain strong, healthy, and beautiful nails without harmful chemicals.

Read More Here

### Tolclyen Nail & Skin Care Products

Market-leading, clinically proven formulations. Dispensed through physicians' offices

Tolclyen Therapeutic Foot Soak \$65 multi-dose pouch

Tolclyen Micro-cleansing Foot Soak \$85 multi-dose pouch

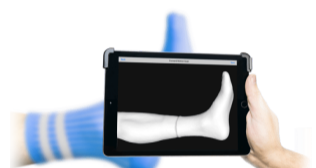
Tolclyen Keratolytic/Antifungal Cream \$60 multi-dose tube

Tolclyen Antimicrobial Shoe Spray \$23 multi-dose spray bottle



View Full Product Information

### Custom Orthotics Available



We have the cutting-edge technology for using a 3-D CAD CAM scanner in our office to take 3-D molds of the feet instead of the old-fashioned foam impressions or plaster molds. We are up-to-date with all technology.

We always like to mention that all of our orthotics are different for every patient, and we take every detail into consideration, including height, weight, activity level, shoe gear style, and individual biomechanical disorders to make the perfect orthotic for each and every patient. We make Orthotics that can fit into all types of shoe gear from stilettos to steel toe work boots and everything in between. We have made orthotics to fit into professional ski boots and all styles of cleats for football, soccer, and baseball.

### FEATURED ARTICLES

#### Ouch-Proof & Outperform Yourself: Preventing Shin Splints, Plantar Fasciitis, and Achilles Tendonitis

Warmer weather often means a return to running, long walks, and outdoor workouts, but jumping back into activity too quickly can take a toll on your feet and lower legs. If you've ever felt that sharp heel pain with your first steps in the morning or a lingering ache along your shins after a run, you're not alone.



Click Here to Read More

#### What Do Custom Orthotics Actually Do?



If you're dealing with ongoing foot pain, soreness after long days, or discomfort during everyday activities, you've probably come across the term *custom orthotics*. But what do they actually do, and are they worth it?

Click Here to Read More

### MEET OUR DOCTOR



DR. DAWN K. DRYDEN

Read More Here



### RECIPE OF THE MONTH

## Strawberry KALE SALAD

Click Here for the Full Recipe



Recipe courtesy of tasteofhome.com

### YOUR MAY CALENDAR HIGHLIGHTS



**May 1 – May Day:** The traditional maypole was originally a living tree cut from the woods, adorned with ribbons and garlands to dance around as a fertility ritual.

**May 2 – Kentucky Derby:** Nineteen past winners have had names beginning with the letter "S," including Secretariat.

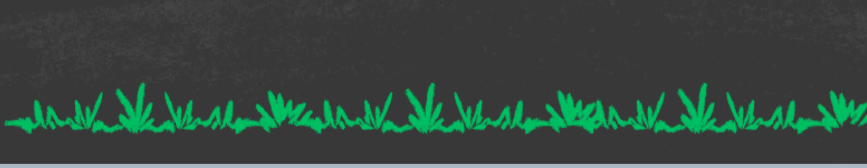
**May 5 – Cinco de Mayo:** Over 80 million pounds of avocados are eaten in the U.S. during Cinco de Mayo celebrations.

**May 10 – Mother's Day:** Mother's Day is the busiest restaurant day of the year and sees the highest volume of phone calls, with around 122 million made annually.

**May 20, 1932 - Amelia Earhart** completed her solo transatlantic flight. To pay for her flying lessons, she worked as a truck driver, photographer, and stenographer.

**May 20 – National Rescue Dog Day:** According to the ASPCA, approximately 3.3 million dogs enter shelters every year.

**May 25 - Memorial Day** was originally called Decoration Day, because people would decorate the graves of fallen soldiers with flowers.



REQUEST AN APPOINTMENT TODAY!



www.bataviafootcarecenter.com  
Email: info@bataviafootcarecenter.com  
Phone: (585) 344-1677  
Fax: (585) 344-2105

Office:  
Batavia Foot Care Center  
3922 West Main Street Road  
Batavia, NY 14020

Office Hours



Need more info?

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