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We hope you are enjoying your summer!

In this time of uncertainty, many of us have found physical activity a great stress reliever and a way to stay healthy. Whether you are in the process of increasing your activity or have just started a new one, you may be experiencing some aches and pains that just aren't going away.

If you suffer from acute or chronic musculoskeletal pain, pain in your feet or legs, EPAT/ESWT, often known as shock wave therapy. It's evidence-based, non-invasive, risk free and there's no downtime.

Here at West Hartford Podiatry, we offer both Radial and Focused Shockwave therapies. This allows us to treat muscle, tendon, bone and other soft tissues pathology. The treatments are done in our office, take no more than 30 minutes, and often allow you to continue your activity while your body works on healing the damage.

Please click [HERE](#) to learn more.

Give us a call to set up an appointment to see if this innovative technology that we have invested in for our patients could be right for you.

Be safe and enjoy the summer months.

All the best,

Recipe of the Month Summer Panzanella



Yields: 6
Prep Time: 15 min.
Total time: 25 Min.

INGREDIENTS

- 2 Large baguettes, cut into 1-inch cubes
- 1/2c. extra virgin olive oil, divided
- 3 tbsp. red wine vinegar
- 1 tsp. honey
- Kosher salt to taste
- Freshly ground black pepper
- 1 large, seedless cucumber, roughly chopped
- 2 pt. cherry tomatoes (preferably multi-colored), halved
- 1 red onion, chopped
- 1 clove garlic, minced
- 1 bunch basil, torn

DIRECTIONS

1. Pre-heat a large skillet over medium-high heat.
2. Meanwhile, in a large bowl, toss bread with 1/4 cup olive oil. Add bread to skillet and toast until golden and crisp, about 10 minutes. Drain and set aside to cool.
3. Make dressing: In a small bowl, whisk together red wine vinegar, remaining 1/4 cup olive oil and honey. Season with salt and pepper.
4. To large bowl, add crispy bread, cucumber, tomatoes, onion and garlic. Toss with dressing until evenly coated and season with more salt and pepper.
5. Garnish with basil and serve.



History FootNote

An astronaut's footprint can last a million years on the surface of the moon. It may have been decades since we last set foot on the moon, but its surface is still marked with the historic footprints of the 12 astronauts who stomped across it. That's because the moon has no atmosphere.

Foot Funnies

Who always goes to bed with his shoes on?
A horse!

Celebrity Foot Focus - Socks and Crocs

Celebrities and footwear trends are mutually exclusive. Lately, celebrities have embraced the ugly gardening shoe that soared in popularity in the 2000's. Ariana Grande recently donned a white pair of Crocs along with white lace ankle socks. Grande has over 164 million Instagram followers and is no doubt a trendsetter. Since posting selfies of herself in the rubber shoes, she has generated more than 3 million likes.

Justin Bieber has also been known to wear the brand and Post Malone has taken it a step further by starting his own collection with Crocs which quickly sold out. He also gives a shout out to the brand in his song "I'm Gonna Be."

It's no doubt that celebrities may have kickstarted the latest Crocs revival!

Trivia

Which can be a symptom of athlete's foot?

- A. Itching or burning on skin of feet
- B. Rash on feet
- C. Blisters on feet
- D. Thick or crumbling toenails
- E. All of the above

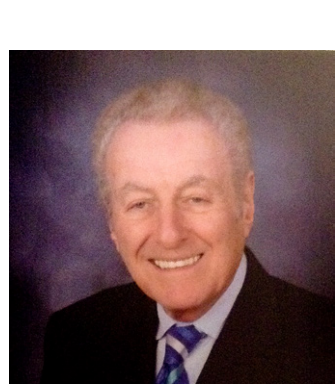
Answer: E. All of the above.

The affected area may also develop cracks in the skin or inflammation. The primary site on the foot for this infection is between the toes, but it may also occur on the heels. The infection may also affect the palms and fingernails.

Follow us...



Meet Our Doctors



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Thursday: Closed
Friday: 8:30am - 5:30pm

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