

Midwest PodiatryTM Centers

Patient Newsletter
January 2025

Step Into the New Year with Year-Round Foot Care

As we step into the new year, it's the perfect time to refocus on your foot health. Caring for your feet isn't a seasonal task—it's a commitment that benefits your overall wellness all year long. Consistency is key, especially when it comes to advanced treatments like laser therapy for fungal nails and foot or ankle pain.

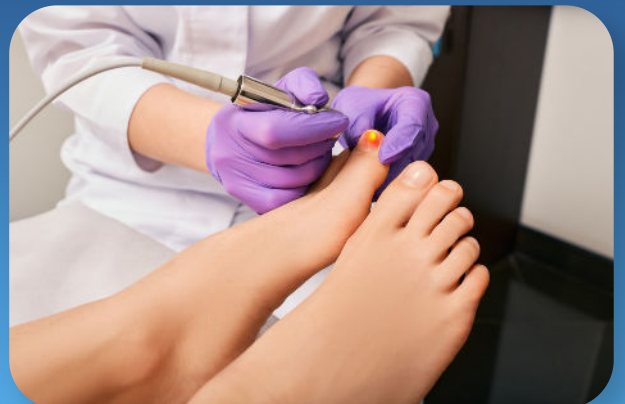
Why Year-Round Foot Care Matters

Your feet carry you through every season, but fluctuating weather and lifestyle changes can affect their health. By prioritizing regular care, you can:

- **Prevent chronic issues** from worsening.
- **Enhance treatment outcomes** with consistency.
- **Reduce discomfort and improve mobility** in your daily life.

Laser Therapy: A Game-Changer for Fungal Nails

Fungal nail infections can be persistent and embarrassing, but laser treatment offers a safe, non-invasive solution. Sticking to a treatment schedule ensures the fungus is fully eradicated, preventing reinfection and allowing your nails to regrow healthy and strong.



Consistent Pain Relief for Foot & Ankle Conditions

Chronic foot and ankle pain can significantly affect your quality of life. Laser therapy targets inflammation and promotes healing, but the key to success is consistency. Starting and stopping treatment interrupts progress, delaying your recovery and relief.

Why Continue Treatments?

- **Better Results:** Laser therapy works best when performed in a series, ensuring optimal healing.
- **Faster Recovery:** Skipping treatments can slow progress and increase the time needed for full recovery.
- **Long-Term Benefits:** Consistent care leads to lasting relief and better overall foot health.

Kickstart the New Year with Healthy Feet!

Don't let foot health fall to the wayside this year. Whether you're managing fungal nails, chronic pain, or simply aiming to keep your feet at their best, we're here to help every step of the way. Schedule your laser treatment today and take the first step toward healthier, pain-free feet! Let's make 2025 the year of consistent, confident foot care.

Contact us to book your next appointment!



Recipe of the Month

Baked Ham and Cheese Sliders



Ingredients

- ¾ cup melted butter
- 1 ½ tablespoons Dijon mustard
- 1 ½ teaspoons Worcestershire sauce
- 1 ½ tablespoons poppy seeds
- 1 tablespoon dried minced onion
- 24 mini sandwich rolls or 12 large
- 1 pound thinly sliced cooked deli ham
- 1 pound thinly sliced Swiss cheese

Cooking Instructions

- **Step 1:** Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- **Step 2:** Mix butter, Dijon mustard, Worcestershire sauce, poppy seeds, and dried onion in a bowl.
- **Step 3:** Separate the tops from the bottoms of the rolls; arrange the bottom pieces in a layer in the prepared baking dish. Layer about 1/2 of the ham onto the rolls; add a layer of Swiss cheese and top with remaining ham slices.
- **Step 4:** Place the tops of the rolls onto the sandwiches. Pour mustard mixture evenly over the rolls
- **Step 5:** Bake in the preheated oven until the rolls are lightly browned and the cheese has melted, about 20 minutes. Slice into individual rolls through the ham and cheese layers to serve.

Serve and Enjoy!

Can You Spot All 5 Differences?



January 2025 Holidays and Important Dates

- **01/1 – New Years Day** - A time of fresh beginnings and reflection, celebrated worldwide with resolutions, traditions, and the hope for a prosperous year ahead.
- **01/15 – Martin Luther King Jr. Day** - A day to honor the legacy of Dr. King and his contributions to civil rights and equality in the United States.
- **01/20 – National Cheese Lover's Day** - Cheese enthusiasts rejoice in exploring their favorite varieties and recipes on this cheesy celebration day.
- **01/21 – National Hugging Day** - Promotes kindness and human connection through the simple act of giving and receiving hugs.
- **01/29 – National Puzzle Day** - Encourages brain-boosting fun with puzzles, whether jigsaw, crossword, or Sudoku.
- **01/31 – National Hot Chocolate Day** - Celebrate winter with a warm, comforting cup of hot chocolate, a favorite seasonal treat.