

# Midwest Podiatry<sup>TM</sup> Centers

Patient Newsletter  
July 2025

## Summer Break Alert: Support Growing Feet Before the School Bell Rings

With school out and schedules more flexible, summer is the perfect time to focus on your child's foot health. Long days spent running, jumping, and growing fast can take a toll on their feet, often in ways that go unnoticed until discomfort sets in.

## Why Summer Is Ideal for a Foot Check

Between camps, vacations, and sports, your child's feet are working overtime. Now's the time to get ahead of potential problems like:

- Flat feet or poor arch development
- Heel pain from overuse (like Sever's disease)
- Balance or gait issues
- Foot pain during or after activity

A simple foot exam can catch issues early, and if needed, custom orthotics can provide targeted support to reduce pain, improve posture, and prevent future problems. Unlike store-bought inserts, custom orthotics are made to match your child's unique needs and biomechanics.





## Benefits of Early Orthotics Fitting:

- Keeps growing feet properly aligned
- Enhances athletic performance and reduces injury risk
- Makes back-to-school shoe shopping easier and more effective
- Allows time for break-in before school sports begin



## Don't Let Foot Pain Slow Down Summer Fun

Whether it's your child's first year of soccer or they're racing through the neighborhood barefoot every afternoon, summer is often when minor foot problems begin to show up. What starts as a small complaint—like heel pain, limping after a full day outside, or avoiding shoes—can quickly develop into a larger issue without proper attention.

At Advanced Foot and Ankle Center of Illinois, our team of podiatrists is here to ensure that every growing foot is supported and protected. If your child is frequently active or has a history of foot or ankle problems, a preventative visit can make all the difference. Our friendly, kid-focused approach makes the process stress-free and educational for both kids and parents.

## Back-to-School Foot Health Checklist:

- Schedule a summer foot exam
- Check for signs of worn-out or ill-fitting shoes
- Get custom orthotics evaluated or updated
- Ask about sports-specific support for cleats or athletic shoes

Address any recurring pain or discomfort now—before busy school routines kick in

A summer check-up can give your child the confidence and comfort they need to take on every playground, field, and classroom.

Book your child's summer foot exam today and help them put their best foot forward this school year!



## Start the School Year on the Right Foot - Literally!

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Book your child's summer foot exam today and help them put their best foot forward this school year!

# Recipe of the Month

## Jumbo Shrimp Stuffed with Cilantro and Chiles



### Ingredients

- 8 jumbo shrimp, in the shell (about 1 1/4 pounds)
- 3 sprigs fresh thyme, leaves stripped
- Juice of 2 limes (about 1/4 cup)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt, plus additional for seasoning
- Freshly ground black pepper
- 1 clove garlic, chopped
- 1/2 large jalapeño, with seeds
- 2 scallions (white and green parts)
- 1 cup coarsely chopped fresh cilantro leaves

### Cooking Instructions

- **Prep the Grill & Shrimp:** Heat your outdoor grill to medium-high. Without removing the shells, cut along the back of each shrimp (about 3/4 of the way) and remove the vein. Rinse and pat dry.
- **Marinate the Shrimp:** In a shallow bowl, mix thyme, lime juice, 1 tablespoon olive oil, 1/2 teaspoon salt, and pepper. Place the shrimp cut-side down in the marinade. Chill for 30 minutes.
- **Make the Filling:** In a food processor, pulse garlic, jalapeño, scallions, the remaining 1 tablespoon olive oil, and 1/2 teaspoon salt into a coarse paste. Add cilantro and pulse a few more times to blend.
- **Stuff & Grill:** Fill each shrimp with the paste and gently close them. Grill shell-side down for 3 minutes. Flip, cover, and grill another 2 minutes, until shrimp turn pink and are slightly firm.
- **Serve:** Sprinkle with a little salt and enjoy! They're tasty served in the shell—perfect for a casual summer meal. Don't forget the napkins!
- **Cook's Tip:** Grilling shrimp in the shell keeps them juicy and flavorful. Cook just until opaque—shrimp will continue cooking a bit once off the grill.

*Serve and Enjoy!*



*Can You Spot  
All 5 Differences?*



## July 2025 Holidays and Important Dates

- **7/1 – National Postal Worker Day:** Recognizes the hard work and dedication of postal workers who help keep our mail system running smoothly.
- **7/4 – Independence Day 🇺🇸:** Celebrates the adoption of the Declaration of Independence in 1776 with fireworks, parades, and patriotic festivities throughout the United States.
- **7/7 – Global Forgiveness Day:** A day to reflect on the power of forgiveness in healing relationships and promoting peace.
- **7/15 – National Give Something Away Day:** Encourages acts of kindness through donation, sharing, or decluttering to help others in need.
- **7/22 – National Hammock Day:** Highlights relaxation and the simple joy of lounging outdoors in a hammock during the summer.
- **7/30 – International Day of Friendship:** Promotes friendship and cultural understanding across borders, emphasizing unity and peace.