

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

Patient Newsletter  
January 2026

## January Is the Perfect Time to Reset Your Foot Health

A new year brings fresh goals, healthier habits, and the perfect opportunity to address foot concerns you may have been putting off. Winter offers an ideal window to focus on treatment, prevention, and long-term results—especially when it comes to fungal nail infections.

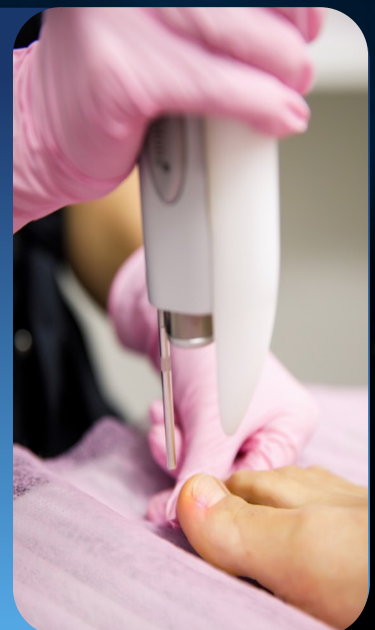
## Why Winter Is the Best Season to Treat Fungal Nails

Fungal toenails don't clear overnight, and timing matters. Starting treatment in January allows your nails to heal in a more controlled environment, improving overall success.

### Key winter advantages include:

- Closed shoes and socks help protect nails from outside exposure
- Reduced risk of reinfection from pools, locker rooms, and sandals
- Consistent routines that make daily treatment easier to maintain

By beginning treatment now, you're giving your nails the time they need to grow out healthier before warmer months arrive.



## Stronger Results With Combination Treatment

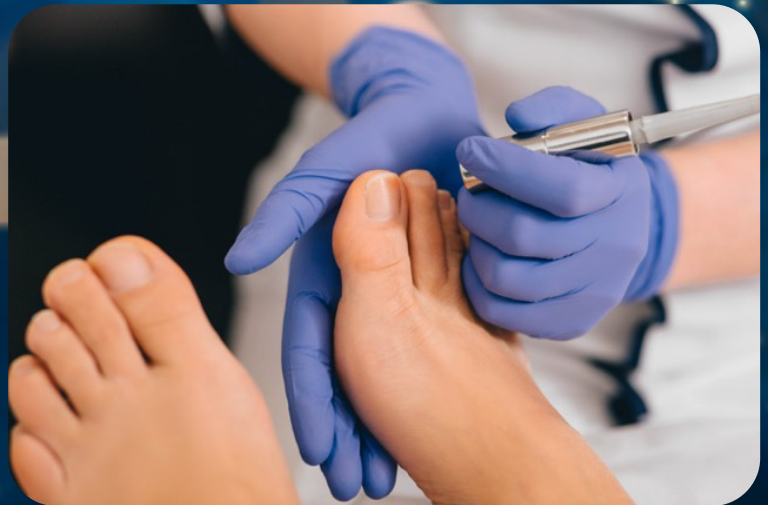
Winter is an excellent time to take advantage of advanced treatment options. Many patients see the best results when therapies are combined and followed consistently.

**Effective winter treatment plans may include:**

- Laser therapy to target fungal infection at the nail bed
- Prescription or medical-grade topical treatments
- Professional nail care to reduce thickness and discomfort



Combining treatments allows us to address the infection from multiple angles, helping improve nail appearance and long-term outcomes.



## Start the Year With a Clear Plan for Healthier Nails

If discolored, thick, or brittle nails have been bothering you, January is the right time to act. Addressing fungal nails now helps prevent progression, improves comfort, and sets you up for healthier-looking nails by spring and summer.

Our team at Midwest Podiatry Centers offers personalized fungal nail treatment programs designed to fit your needs and goals. Let us help you start the year with confidence—one healthy step at a time.





# Recipe of the Month

## Three-Cheese Macaroni



### Ingredients

- 1 large egg
- 1 12-ounce can evaporated whole milk
- Pinch of cayenne pepper
- Pinch of freshly grated nutmeg
- Kosher salt and freshly ground black pepper
- 1 1/3 cups grated Muenster cheese (4 ounces), plus 4 deli-thin slices (1 ounce)
- 1/2 cup grated sharp cheddar cheese (2 ounces)
- 1/4 cup grated parmesan cheese (1 ounce)
- 1/2 head cauliflower, cut into small florets (4 cups)
- 4 cups medium pasta shells (9 ounces)

### Cooking Instructions

- Whisk the egg, evaporated milk, cayenne, nutmeg, and salt and black pepper to taste in a bowl. Toss the grated cheeses in a separate bowl.
- Bring a large pot of salted water to a boil. Add the cauliflower and cook until almost falling apart, about 7 minutes. Transfer with a slotted spoon to a bowl. Add the pasta to the same water and cook until al dente, about 10 minutes. Drain, reserving 1/4 cup cooking water. Preheat the broiler.
- Combine the egg mixture and the grated cheeses in the empty pot and cook over medium-low heat, stirring constantly, until the cheeses melt and the sauce begins to thicken.
- Remove from the heat and add the cauliflower. Puree with an immersion blender until smooth and light (you can also use a regular blender). Stir in some of the reserved pasta water until creamy.
- Toss the pasta in the sauce; season with salt and black pepper. Transfer to a shallow casserole dish and top with muenster slices. Broil until golden brown, about 5 minutes.

*Can You Spot  
All 5 Differences?*



## January 2026 Holidays and Important Dates

- **1/01 – New Year’s Day:** A national holiday marking the start of the new year, often celebrated with reflection, resolutions, and time with family and friends.
- **01/04 – World Braille Day:** Observes the importance of Braille as a means of communication for people who are blind or visually impaired.
- **01/10 – National Cut Your Energy Costs Day:** Raises awareness about conserving energy and adopting cost-saving, energy-efficient habits.
- **01/19 – Martin Luther King Jr. Day:** A U.S. federal holiday honoring the life and legacy of Dr. Martin Luther King Jr. and his contributions to civil rights and equality.
- **1/19 – World Snow Day:** Celebrates winter sports and outdoor snow activities, encouraging people of all ages to enjoy the season safely.
- **1/31 – National Backward Day:** A playful observance celebrating doing things out of the ordinary—sometimes even backward.