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# New TREATMENT

Swift isn't just a treatment, it's a cure.

- No Wound
- No Scarring
- No Bandages
- No Downtime
- No More Warts

**How does the treatment work?**

- 3 - 4 treatments
- Visits are spaced 4 weeks apart
- Follow up after 12 weeks

**Unlike Traditional Wart Treatments**

- Quick and easy & non-destructive
- No wound created & no at home care required
- Patients are encouraged to continue with daily activities as per normal
- There are no known side effects with Swift treatment



**swift**  
an emblation company

**Prep Your Kids for Back to School and Fall Sports**



During the dog days of summer, most children don't want to hear about returning to school, but wise parents know that some preparation now will ensure a smooth transition in the fall. For the podiatric health of your child or teen, you can take a few steps to prevent injuries and improve comfort when back-to-school time arrives.

[Click Here to Read More](#)

**It's Time to Show Your Feet Some Lovin'**



August 17th is National "I Love My Feet Day!" Your humble feet are pretty amazing structures. They contain nearly a quarter of all the bones in your body as well as 66 joints, 214 ligaments, and almost 40 muscles and tendons. In addition, your feet carry the weight of your entire body and accommodate several tons of force in just one average day of walking. Most importantly, they take you where you want to go.

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**Recipe of the Month**  
**Caprese Sandwich**

This Caprese sandwich is the perfect summer lunch. It's great made ahead of time or packed for picnic lunches on the go.



**Ingredients:**

- 1 baguette
- 3 - 4 tablespoons of pesto – store-bought
- 1/4 cup of mayo
- 3 – 4 ripe tomatoes, medium
- 1 – 2 large mozzarella balls, sliced
- 10 basil leaves
- Salt and pepper
- Drizzle olive oil
- Drizzle balsamic vinegar or balsamic glaze

**Instructions:**

1. Slice the baguette in half, lengthwise, leaving one side intact. Toast it a little if you like.
2. Mix the 1/4 cup of mayo and 3-4 tablespoons of pesto together. Slather over the insides of the baguette.
3. Layer with mozzarella and tomatoes. Season with salt and pepper.
4. Add fresh basil.
5. Drizzle with olive oil and balsamic vinegar or glaze.
6. Close the baguette and cut it into 5-6 pieces.
7. Tightly wrap any leftovers and keep them in the fridge for up to 2-3 days.

Recipe courtesy of [feastingathome.com](http://feastingathome.com)

**August Special Days**  
**Mark Your Calendar!**

- August 3**  
National Watermelon Day
- August 4**  
U.S. Coast Guard Birthday
- August 21**  
Senior Citizens Day
- August 31**  
National Zoo Awareness Day

**Trivia**

Which U.S. President was the first president to issue a proclamation designating August 26th as "Women's Rights Day"?

- A. Richard Nixon
- B. Franklin D. Roosevelt
- C. Lyndon B. Johnson
- D. Jimmy Carter

*Answer:*  
A. Richard Nixon

**Joke**

Why shouldn't you go into business with a watermelon?

*Answer:*  
They're seedy

**August Fun Facts**

- The sandwich was invented in August of 1762 when John Montagu, 4th Earl of Sandwich, requested 2 pieces of bread with meat inside.
- August is the month when most vegetables are ready to be harvested. Tomatoes, peppers, cucumbers, and peas are at their freshest and most bountiful in August.
- Two of America's most iconic superstars died in August. Actress Marilyn Monroe died on August 4, 1962, and Elvis Presley, the King of Rock and Roll, died on August 16, 1977.
- On August 17, 2008, American swimmer Michael Phelps became the first to win 8 gold medals in one Olympic Games.
- On August 28, 1963, Martin Luther King Jr. gave his "I Have a Dream" speech on the steps of the Lincoln Memorial in Washington, DC.
- August 26th is Women's Equality Day, which celebrates the 1920 ratification of the Nineteenth Amendment and women's right to vote in the United States.

**Meet Our Doctors**



Scott R. Lurie, DPM



David L. Rossman, DPM

**Our Office**

Park Avenue Podiatry Associates PC  
133 East 58th Street  
Suite 407  
New York, NY 10022  
Phone: (212) 753-3520

**Office Hours**

Mon: 11:00am – 3:00pm  
Tue: 8:30am – 4:00pm  
Wed: 8:30am – 4:00pm  
Thur: 8:30am – 4:00pm  
Fri, Sat & Sun: Closed

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