

In this Issue...

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• Heart Health is Foot Health!

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

 No Wound No Scarring No Bandages No Downtime No More Warts

• 3 Wellness Options to Treat Your Feet • Recipe of the Month - One-Pot Enchilada Pasta

TREATMENT

How does the treatment work?

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

an emblation company

Unlike Traditional

Wart Treatments

• Quick and easy & non-

 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

destructive



Heart Health is Foot Health!



February marks the start of American Heart Month, and while it might seem like a stretch to say so, that means it's also time to start thinking about your podiatric health! From chronic conditions such as peripheral arterial disease to ailments like Raynaud's, circulatory conditions take a severe toll on the lower extremities.

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3 Wellness Options To Treat Your Feet



Wellness is on everybody's mind lately, and that's a good thing. However, the trending topics tend to center around more visible, faceforward aspects of health. We hear plenty about therapies aimed at healing skin or rectifying sleep, yet one pair of hard-working heroes is often excluded from the conversation: Your feet!

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Recipe of the Month **One-Pot Enchilada Pasta**

This cozy dish is ready in 30 minutes and is full of healthy ingredients. It has everything a busy weeknight meal calls for.



Ingredients:

- 4 cups uncooked mini penne or other small pasta
- 4 cups vegetable broth or water
- 1 can (15 ounces) black beans, rinsed and drained • 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 medium sweet red pepper, chopped • 1 cup fresh or frozen corn, thawed

• 1 medium sweet yellow pepper, chopped

- 1 can (10 ounces) enchilada sauce
- 2 tablespoons taco seasoning • 1/2 cup shredded cheddar cheese
- Optional: Fresh cilantro leaves, cherry tomatoes, and lime wedges **Directions:**

- 1. In a Dutch oven or large skillet, combine the first 9 ingredients. 2. Bring to a boil; reduce heat. Simmer, uncovered, until pasta is al dente and sauce has thickened
- slightly, 12-15 minutes. 3. Add cheese; stir until melted. Serve with optional toppings as desired.
- Recipe courtesy of www.tasteofhome.com

Interesting Dates in February

February 2 **Groundhog Day** February 9 National Pizza Day February 10 Chinese New Year February 11 Super Bowl Sunday February 14 Valentine's Day

Ash Wednesday February 17 Random Acts of Kindness Day February 19 President's Day February 27 Polar Bear Day February 29 Leap Year

February 14

Trivia: True or False The first leap year was introduced in 46 BCE by

Julius Caesar of Rome. Answer: True

Joke What is Cupid's favorite band?

Answer: Kiss



• President Gerald Ford officially recognized Black History Month in February 1976, calling upon the public to "seize the opportunity to honor the too-often neglected

- accomplishments of Black Americans in every area of endeavor throughout our history. • February 1, 1960, four African American students sat down and ordered coffee at a lunch
- counter inside a Woolworth's store in Greensboro, NC. They were refused service but did not leave. Instead, they waited all day. The scene was repeated over the next few days, with protests spreading to other southern states, resulting in the arrest of over 1,600 people. • The first official Groundhog Day celebration took place on February 2, 1887, in Punxsutawney, PA.

• February 8, 1910, the Boy Scouts of America was founded by William Boyce in Washington,

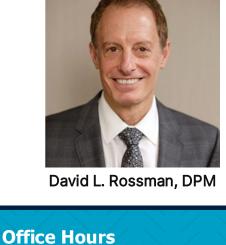
• An assassination attempt on newly elected U.S. President <u>Franklin D. Roosevelt</u> occurred in Miami, Florida, on February 15, 1933. A spectator deflected the gunman's aim. As a result, Chicago Mayor Anton Cermak was shot and killed instead. The gunman, an Italian immigrant, was captured and later sentenced to death.

Meet Our Doctors

• Former Black Muslim leader Malcolm X was shot and killed while delivering a speech in a



ballroom in New York City on February 21, 1965.



133 East 58th Street Suite 407. New York, NY 10022 Phone: (212) 753-3520 **Need More info?**

Park Avenue Podiatry Associates PC

Tue: 8:30am - 4:00pm Wed: 8:30am - 4:00pm Thur: 8:30am - 4:00pm Fri, Sat & Sun: Closed <u>CONTACT US</u> →

Mon: 11:00am - 3:00pm





blue orchid