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SUMMER 2025

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IN THIS ISSUE

- 3 Common Foot Issues in Children
- Common Foot Health Myths Debunked
- This Month in July
- Recipe of the Month: Peach, Tomato & Corn Arugula Pasta Salad

FEATURED ARTICLES

3 Common Foot Issues in Children



Children are constantly growing and developing, and their feet are no exception! However, many parents overlook early foot problems, thinking kids will "grow out of it." In reality, untreated foot issues in childhood can lead to long-term discomfort and mobility challenges.

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Why Are My Feet Swelling in the Heat?

Summertime means longer days and fun in the sun, but with the rise in temperatures often comes an uncomfortable side effect: swollen feet and ankles. While this may seem like a minor inconvenience, persistent or painful swelling shouldn't be ignored.

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MEET OUR DOCTOR



STAVROS ALEXOPOULOS, D.P.M.

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Don't Let Your Foot Pain Keep You From Enjoying Life!

Call us today for your appointment
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Welcome
SUMMER

RECIPE OF THE MONTH

PEACH, TOMATO & CORN
ARUGULA PASTA SALAD



CLICK HERE FOR THE FULL RECIPE

Recipe courtesy of ambitiouskitchen.com

THIS MONTH IN JULY

INTERESTING DATES

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

4 Independence Day

7 Global Forgiveness Day

11 All American Pet Photo Day

20 National Ice Cream Day

25 National Hire A Veteran Day

HISTORICAL FACTS

★ July 1, 1874 – First U.S. Zoo Opens

- The Philadelphia Zoo opens to the public. The first official zoo in the United States helping foster love and education about wildlife.

★ July 5, 1994 – Amazon Founded

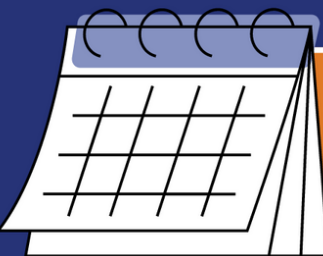
- Jeff Bezos officially incorporates Amazon.com in Washington state. It begins as a humble online bookstore and revolutionizes shopping forever.

★ July 12, 1970 – First “Pet Rock” Prototype Created

- An ad executive jokingly invents the Pet Rock. It becomes a short-lived but wildly successful U.S. novelty toy and pop culture phenomenon.

★ July 25, 1978 – First U.S. IVF Baby Born

- Following a global breakthrough, the first American “test-tube baby” is born, bringing hope to families struggling with infertility.



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Mon: 9:00 am – 5:00 pm
Tues: 9:00 am – 5:00 pm
Wed: 9:00 am – 5:00 pm
Thurs: 9:00 am – 5:00 pm
Fri: 9:00 am – 1:00 pm
Sat: 8:00 am – 1:00 pm
Sun: Closed

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