



FALL 2025



Dr. Stavros Alexopoulos  
773.561.8100

MyChicagoFootExpert.com

### IN THIS ISSUE

- Happy Feet for Halloween: Kids' Shoe Tips
- Celebrating International Podiatry Day
- This Month in October
- Recipe of the Month: Healthy Pumpkin Bread with Maple Glaze

### FEATURED ARTICLES

#### Happy Feet for Halloween: Kids' Shoe Tips



Halloween is one of the most exciting times of the year for kids. Between dressing up in fun costumes, collecting candy, and walking around the neighborhood with friends, it's a night full of fun and adventure.

[Click Here to Read More](#)

#### Celebrating International Podiatry Day

Every October, International Podiatry Day rolls around, putting the spotlight on something we all take for granted: our feet! They carry us through life, yet they're often overlooked until there's a problem. This day is a great reminder to appreciate our feet while learning ways to help keep them healthy, strong, and pain-free.



[Click Here to Read More](#)

### MEET OUR DOCTOR



STAVROS ALEXOPOULOS, D.P.M.

[Read More Here](#)

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

Call us today for your appointment  
(773) 561-8100



### RECIPE OF THE MONTH

HEALTHY  
**pumpkin**  
Bread  
WITH  
MAPLE  
GLAZE



[Click Here for the Full Recipe](#)

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

### THIS MONTH IN OCTOBER

#### INTERESTING DATES

##### OCTOBER

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	

- 1 International Coffee Day
- 4 World Animal Day
- 8 International Podiatry Day
- 13 Columbus/Indigenous Peoples' Day
- 26 National Pumpkin Day
- 31 Halloween

#### HISTORICAL FACTS

- ★ **October 2, 1950** – Charles M. Schulz's Peanuts comic strip debuted, introducing the world to Charlie Brown, Snoopy, and friends.
- ★ **October 10, 1933** – A United Airlines flight became the first U.S. passenger flight with a female stewardess (Ellen Church), opening careers for women in aviation.
- ★ **October 27, 1904** – The New York City Subway officially opened, making city travel much easier for millions.
- ★ **October 31, 1941** – Mount Rushmore was completed after 14 years of work.

MAKE AN APPOINTMENT TODAY!



#### Our Office

2740 West Foster Ave.  
Suite #107  
Chicago, IL 60625

Phone: 773-561-8100



Need more info?

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

[CONTACT US →](#)

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.

