



FALL 2025



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FEATURED ARTICLES

Diabetes and Your Feet



November is here! And while we're all busy making Thanksgiving plans, this month also marks National Diabetes Awareness Month. It's the perfect time to spotlight how this condition impacts nearly every system in the body, including your feet. While managing blood sugar and nutrition often take the spotlight, foot health is sometimes overlooked.

[Click Here to Read More](#)

Foot Care During Thanksgiving Travel

The holiday season is fast approaching, and for many families, that means hitting the road or catching a flight to celebrate Thanksgiving together. However, with travel comes the potential for an unwanted guest this holiday season: foot issues. While traveling brings excitement, it can also take a toll on your feet.



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MEET OUR DOCTORS



MARC A. LEDERMAN, D.P.M.



KURT W. RODE, D.P.M.

[Read More Here](#)

MEET OUR STAFF



RECIPE OF THE MONTH



Yummy
Mashed Butternut Squash

[Click Here for the Full Recipe](#)

Recipe courtesy of skinnykitchen.com



Super Healthy
Roasted Brussels Sprouts

[Click Here for the Full Recipe](#)

Recipe courtesy of skinnykitchen.com

DON'T SUFFER IN PAIN

Whether it's a sprain, fracture or any foot injury, our skilled podiatrists are here to provide you with the highest quality care.

WE OFFER SAME DAY URGENT CARE APPOINTMENTS

CALL 860-236-2564

THIS MONTH IN NOVEMBER

INTERESTING DATES

NOVEMBER

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						

- 1 All Saints' Day
- 2 All Souls Day
- 2 Daylight Saving Time Ends at 2 a.m.
- 11 Veterans Day
- 20 Hanukkah Begins
- 27 Thanksgiving
- 28 Black Friday

HISTORICAL FACTS

- ★ **November 1, 1870** – The U.S. Weather Bureau (now the National Weather Service) began operations, improving public safety and weather forecasting.
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- ★ **November 27, 1924** – The first Macy's Thanksgiving Day Parade marched through New York City, starting a beloved holiday tradition.

[REQUEST AN APPOINTMENT TODAY!](#)

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[Click Here for Office Hours](#)



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