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FEATURED ARTICLES

The Connection Between Heart Health and Your Feet: A February Focus



February is American Heart Month, a time to raise awareness about heart disease and promote heart health. An often overlooked yet vital connection is the relationship between your heart and your feet! Understanding this link and the clues that our foot health can give us in terms of our cardiovascular system could help us maintain better overall health.

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Love Your Feet: Essential Self-Care Tips for Healthy Feet

February's focus on love and self-care has us thinking that our feet deserve some of the attention too! Although often left out of the equation, it's never too late to start implementing foot care into your routine. With a few simple tips, you can ensure your feet remain strong, comfortable, and pain-free.



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MEET OUR DOCTORS



MARC A. LEDERMAN, D.P.M.



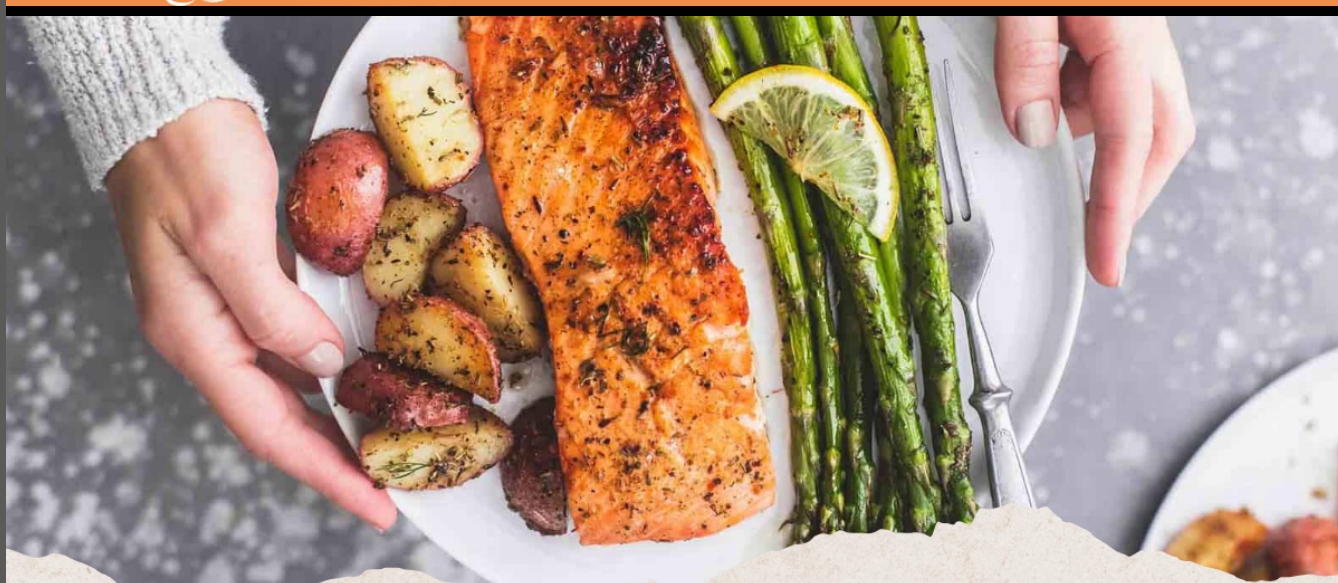
KURT W. RODE, D.P.M.

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MEET OUR STAFF



RECIPE OF THE MONTH



SHEET PAN SALMON & ASPARAGUS WITH POTATOES

Sheet Pan Salmon and Asparagus with Potatoes is a great way to get a serving of protein and heart-healthy Omega-3s. Everyone in your family will love this dish for its flavor, and you'll love it for its ease of cooking and cleanup.

INGREDIENTS:

- 4 salmon fillets
- 1 pound asparagus, ends trimmed
- 2 pounds baby red or gold potatoes, quartered
- 3 tablespoon olive oil
- 2 teaspoons Italian herb blend, see note
- 1 teaspoon garlic powder
- 2 tablespoon butter, melted
- 2 tablespoons honey
- 1 teaspoon Dijon mustard
- 1/2 teaspoon Italian herb blend
- 1/2 lemon, thinly sliced
- salt and pepper to taste

INSTRUCTIONS:

1. Preheat oven to 400 degrees. Toss potatoes with 2 tablespoons olive oil, salt and pepper to taste, garlic powder, and 2 teaspoons Italian herb blend. Arrange on a large sheet pan and bake in a preheated oven for 10 minutes.
2. Arrange salmon fillets and asparagus on the sheet pan. Whisk together melted butter, honey, Dijon mustard, and 1/2 teaspoon remaining Italian herb blend. Brush onto salmon fillets.
3. Drizzle asparagus with the remaining 1 tablespoon olive oil, season with salt and pepper to taste, and place lemon slices between the asparagus spears.
4. Bake for 15 minutes until asparagus and potatoes are fork-tender and salmon is cooked through. Serve immediately.

*Recipe Courtesy of lecremedelacrumb.com*



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THIS MONTH IN FEBRUARY

INTERESTING DATES

FEBRUARY						
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	

- 2 Groundhog Day
- 4 World Cancer Day
- 9 Super Bowl Sunday
- 14 Valentine's Day
- 17 President's Day
- 20 National Love Your Pet Day
- 27 Polar Bear Day

HISTORICAL FACTS

- ★ **February 2, 1887:** The first Groundhog Day was celebrated in Punxsutawney, Pennsylvania, a lighthearted tradition forecasting the arrival of spring.
- ★ **February 4, 2004:** Facebook was launched, revolutionizing how people connect and communicate globally.
- ★ **February 14, 1929:** Valentine's Day celebrated globally with love and friendship, becoming a day of joy for millions.
- ★ **February 22, 1980:** The "Miracle on Ice" occurred when the U.S. hockey team defeated the Soviet Union at the Winter Olympics.
- ★ **February 27, 1827:** The first Mardi Gras celebrations were held in New Orleans, establishing a tradition of vibrant parades and festivities.



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