



CT Family Foot Care
and
Surgery, LLC



In this Issue...

- 5 Tips for Avoiding Fungal Foot Infections
- Do's and Don'ts for Protecting Your Joint Health
- Recipe of the Month: French Potato Salad

5 Tips for Avoiding Fungal Foot Infections



As summer gets closer, there are more opportunities to kick off your shoes and go barefoot but consider the possible consequences before you do. The vast majority of foot infections, including athlete's foot, toenail fungus, and warts, are transmitted by direct contact.

[Click Here to Read More](#)

Do's and Don'ts for Protecting Your Joint Health

May is Arthritis Awareness Month. It's estimated that nearly 91 million Americans suffer from arthritis. While many people associate arthritis with "old age," the term covers more than 100 diagnoses involving joint pain and disease.

[Click Here to Read More](#)



Happy
Spring

Recipe of the Month

French Potato Salad

This No-Mayo French Potato Salad is
Perfect for Potlucks and Outdoor Dining



Ingredients:

Dressing

- 1/4 cup extra virgin olive oil
- 3 Tbsp grainy Dijon mustard
- 2 Tbsp Sherry vinegar
- 1 shallot, finely minced
- 2 cloves garlic, minced very fine
- Pinch of salt to taste

Salad

- Salt
- 2 lbs small fingerling potatoes (use another new or baby potato if you like)
- 1/3-1/2 lb green beans, trimmed and cut in half
- 1/2 cup finely chopped fresh parsley
- 2 tsp fresh thyme leaves, or more to taste
- 1/4 red onion, slivered
- Freshly cracked black pepper to taste

Instructions

For The Dressing

- Whisk all the ingredients together vigorously until they emulsify into a thick dressing. Taste to adjust any of the elements to your liking.

For The Salad

- Put the **potatoes** in a large pot and cover them with 2 inches of cold water. Add a tablespoon of **salt** to the water. Bring to a boil, turn down the heat, and boil gently until the potatoes are tender. To check them, insert the tip of a sharp knife into a potato ~ it should glide in easily. Add the **green beans** to the pot and cook for another minute or two.
- Drain the potatoes and beans. While they are hot, slice the potatoes in half lengthwise. If your potatoes are large, you can slice them into smaller pieces.
- Put the potatoes and beans into a large bowl and toss gently with some of the **dressing** while everything is still hot. The potatoes will absorb the dressing and its flavors this way.
- When the potatoes have cooled, toss them with the **herbs** and **onions**. Add more dressing at this time if needed. Chill the salad before serving it with a grinding of fresh **black pepper**.

May Fun Facts

- *Cinco de Mayo* is a yearly celebration held on May 5th, commemorating the anniversary of Mexico's victory over the Second French Empire at the Battle of Puebla during the Franco-Mexican War.
- Blue jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20.
- The Empire State Building opened on May 1st, 1931.
- On May 20th, 1932, Amelia Earhart flew across the Atlantic Ocean, marking the first solo flight by a woman.
- Mother's Day in the U.S. was established on May 12th, 1907, to honor mothers and the sacrifices they made for their children. In 1914, President Woodrow Wilson officially proclaimed the 2nd Sunday in May as Mother's Day.
- Memorial Day is observed on the **last Monday of May** to honor the men and women who have died while serving in the military. It was formerly known as Decoration Day.

May Special Days
Mark Your Calendar!

May 5
Cinco de Mayo

May 6th
Kentucky Derby

May 14th
Mother's Day

May 20th
Armed Forces Day

May 29th
Memorial Day

Trivia

How old is the Kentucky Derby?

- A. 153 Years Old
- B. 147 Years Old
- C. 75 Years Old
- D. 101 Years Old

Answer: B

Meet Our Doctors



Lori K. Paragas, DPM, FACFAS



Kristina Bystrak, DPM, AACFAS

Need More info?

[CONTACT US →](#)

Mon: 9:00am – 5:00pm
Tue: 9:00am – 5:00pm
Wed: 9:00am – 5:00pm
Thu: 9:00am – 5:00pm
Fri: 9:00am – 5:00pm
Sat: Closed
Sun: Closed

Hamden, CT Podiatrist
CT Family Foot Care and Surgery
1952 Whitney Ave., 3rd Floor
Hamden, CT 06517
Tel: (203) 288-0129

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.