



**CT Family Foot Care
and
Surgery, LLC**



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Heart Health is Foot Health!



February marks the start of American Heart Month, and while it might seem like a stretch to say so, that means it's also time to start thinking about your podiatric health! From chronic conditions such as peripheral arterial disease to ailments like Raynaud's, circulatory conditions take a severe toll on the lower extremities. Your heart and feet are as far apart as any two parts of your body can be, which means that your heart must pump harder to get blood where it needs to go.

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3 Wellness Options to Treat Your Feet

Wellness is on everybody's mind lately, and that's a good thing. However, the trending topics tend to center around more visible, face-forward aspects of health. We hear plenty about therapies aimed at healing skin or rectifying sleep, yet one pair of hard-working heroes is often excluded from the conversation: Your feet! This dynamic duo is just as deserving of your tender, loving care, so don't neglect them.



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Dear Patients:



We strive to give you the best care possible, and to help other patients get the care they need. If you are happy with the care from our doctors and staff, please share your experience with other patients using the clickable icons below:

For our practice in general:



For Dr. Paragas:



For Dr. Bystrak



Recipe of the Month

One-Pot Enchilada Pasta

This cozy dish is ready in 30 minutes and is full of healthy ingredients. It has everything a busy weeknight meal calls for.



Ingredients:

- 4 cups uncooked mini penne or other small pasta
- 4 cups vegetable broth or water
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 medium sweet yellow pepper, chopped
- 1 medium sweet red pepper, chopped
- 1 cup fresh or frozen corn, thawed
- 1 can (10 ounces) enchilada sauce
- 2 tablespoons taco seasoning
- 1/2 cup shredded cheddar cheese
- Optional: Fresh cilantro leaves, cherry tomatoes, and lime wedges

Directions

1. In a Dutch oven or large skillet, combine the first 9 ingredients.
2. Bring to a boil; reduce heat. Simmer, uncovered, until pasta is al dente and sauce has thickened slightly, 12-15 minutes.
3. Add cheese; stir until melted. Serve with optional toppings as desired.

Recipe courtesy of www.tasteofhome.com

Interesting Dates in February

February 2 Groundhog Day	February 14 Ash Wednesday
February 9 National Pizza Day	February 17 Random Acts of Kindness Day
February 10 Chinese New Year	February 19 President's Day
February 11 Superbowl Sunday	February 27 Polar Bear Day
February 14 Valentine's Day	February 29 Leap Year

Trivia:

True or False

The first leap year was introduced in 46 BCE by Julius Caesar of Rome.

Answer: True

Joke

What is Cupid's favorite band?

Answer: Kiss

History Footnotes for February

- President Gerald Ford officially recognized Black History Month in February 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."
- February 1, 1960, four African American students sat down and ordered coffee at a lunch counter inside a Woolworth's store in Greensboro, NC. They were refused service but did not leave. Instead, they waited all day. The scene was repeated over the next few days, with protests spreading to other southern states, resulting in the arrest of over 1,600 people.
- The first official Groundhog Day celebration took place on February 2, 1887, in Punxsutawney, PA.
- February 8, 1910, the Boy Scouts of America was founded by William Boyce in Washington, D.C.
- An assassination attempt on newly elected U.S. President [Franklin D. Roosevelt](#) occurred in Miami, Florida, on February 15, 1933. A spectator deflected the gunman's aim. As a result, Chicago Mayor Anton Cermak was shot and killed instead. The gunman, an Italian immigrant, was captured and later sentenced to death.
- Former Black Muslim leader Malcolm X was shot and killed while delivering a speech in a ballroom in New York City on February 21, 1965.

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



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