



WINTER 2026



CT Family Foot Care and Surgery, LLC

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FEATURED ARTICLES

What February's Heart Month Means for Foot Care



February is American Heart Month, a reminder that heart health affects far more than just your cardiovascular system or blood pressure readings. In fact, some of the earliest warning signs of cardiovascular disease can appear in an unexpected place: your feet.

[Click Here to Read More](#)

5 Foot Symptoms You Should Never Ignore

Your feet are with you every step of the way, yet they're often the most overlooked part of your body. While a little soreness after a long day may seem normal, certain foot symptoms shouldn't be brushed aside.

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MEET OUR DOCTOR



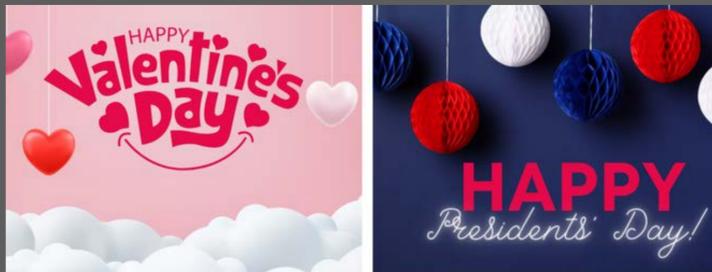
LORI K. PARAGAS, DPM, D. ABFAS, FACFAS

[Read More Here](#)

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:



RECIPE OF THE MONTH



Marry Me CHICKEN

[Click Here for the Full Recipe](#)

Recipe courtesy of [delish.com](#)

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

8 Super Bowl Sunday

14 Valentine's Day

16 Presidents Day

20 National Love Your Pet Day

27 Polar Bear Day

HISTORICAL DATES



February 1, 1865: President Abraham Lincoln signed the 13th Amendment to the United States Constitution, officially abolishing slavery.



February 4, 1789: George Washington elected the first US president.



February 4, 2004: Mark Zuckerberg launches Facebook from his Harvard dorm room.



February 20, 1962: Astronaut John Glenn Became the first American to orbit the Earth.



February 25, 1870: Hiram Rhoades Revels, became the first African American to serve in the United States Senate.

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