



FALL 2025



# CT Family Foot Care and Surgery, LLC

## IN THIS ISSUE

- Diabetes and Your Feet
- Foot Care During Thanksgiving Travel
- This Month in November
- Recipe of the Month: Thanksgiving Side Dishes

## 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 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



*Yummy*  
**Mashed Butternut Squash**

[Click Here for the Full Recipe](#)

Recipe courtesy of [skinnykitchen.com](http://skinnykitchen.com)



*Super Healthy*  
**Roasted Brussels Sprouts**

[Click Here for the Full Recipe](#)

Recipe courtesy of [skinnykitchen.com](http://skinnykitchen.com)

## 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
- 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.
- ★ **November 4, 1922** – Archaeologist Howard Carter discovered the entrance to King Tut's tomb in Egypt.
- ★ **November 7, 1916** – Jeannette Rankin of Montana became the first woman elected to Congress.
- ★ **November 27, 1924** – The first Macy's Thanksgiving Day Parade marched through New York City, starting a beloved holiday tradition.

[REQUEST AN APPOINTMENT TODAY!](#)

## CT Family Foot Care and Surgery, LLC

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[Our Hours](#)



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