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Accepting New Patients

We are accepting new patients at all of our office locations! If you have a foot or ankle problem, we are here to help!

We do **TOTAL ANKLE REPLACEMENTS!**

Book Your Appointment Today! ➤

Minimal Incision Bunion Correction

Ask us about the latest treatment in bunion surgery - *minimally invasive bunionectomy*.

This is a game changer for the treatment for painful bunions. Because the incisions are so small, patients undergoing this procedure are experiencing less swelling, less pain and a faster recovery.

Get back on your feet again quickly!

We are now offering advanced skin grafting techniques for difficult to heal wounds.

FEATURED ARTICLES

Keeping Your Feet Fresh All Summer Long




Summer heat means poolside lounging and plenty of outdoor adventures. Warm weather isn't without its drawbacks, however. One example? **More heat can lead to more fungal infections of the feet**, especially in public settings like pools and locker rooms!

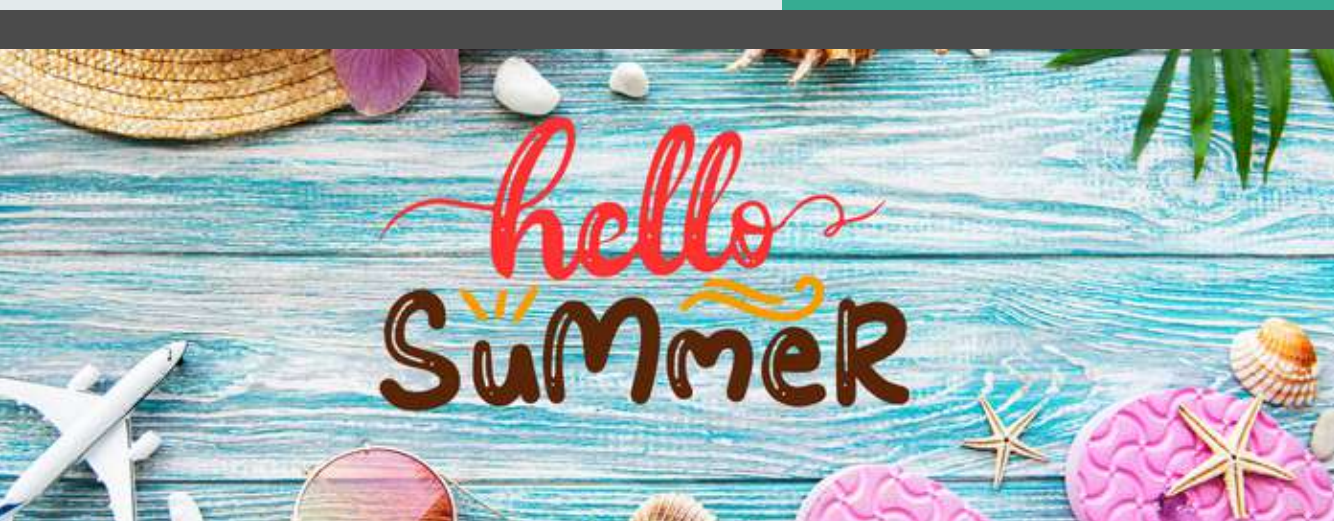
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Family Fitness for All Ages!

Getting active outdoors with your family is always a blast, but navigating the world of fitness can be tricky, especially when considering different age groups and abilities.



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RECIPE OF THE MONTH

EXTRA-CRISPY Eggplant Parmesan

THIS EGGPLANT PARMESAN IS CREAMY IN THE CENTER WITH A CRISPY PANKO CRUST ON THE OUTSIDE.

INGREDIENTS

- 1 medium eggplant, unpeeled
- 1 cup whole-wheat panko breadcrumbs
- 1/4 cup whole-wheat flour
- 1 large egg, lightly beaten
- 1 tsp salt-free Italian seasoning
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp salt
- 1 c low-sodium marinara sauce
- 3/4 c shredded low-moisture part-skim mozzarella cheese
- 1/4 c grated parmesan cheese
- 2 tbsp extra-virgin olive oil
- Fresh basil leaves for garnish (optional)

DIRECTIONS

1. Preheat oven to 425°F. Line a large-rimmed baking sheet with foil; set a wire rack on the baking sheet. Cut eggplant lengthwise into 4 slices, keeping the stem intact.
2. Place panko, flour, and egg in 3 separate bowls. Stir Italian seasoning, garlic powder, and onion powder into the panko.
3. Working with 1 slice at a time, dredge in flour and shake off excess. Dip in egg; let excess drip off. Dredge in panko mixture to coat, pressing to adhere. Place on the prepared rack.
4. Generously coat the tops of the eggplant slices with cooking spray. Bake until the panko is extra-crispy, browned and the eggplant is tender, about 40 mins. Flip and coat with cooking spray halfway through. Remove from the oven. Sprinkle with salt.
5. Increase oven temperature to broil; preheat for 5 minutes. Top the eggplant slices with marinara, mozzarella, and Parmesan. Broil until the cheeses are melted and brown, 2 to 3 minutes.
6. Divide the eggplant slices among 4 plates and drizzle with oil. Garnish with basil, if desired.

Recipe courtesy of [eatingwell.com](#)



THIS MONTH IN JULY

INTERESTING DATES


JULY						
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	31			

- 4 Independence Day
- 7 World Chocolate Day
- 13 National French Fry Day
- 16 Moon Landing Anniversary
- 21 National Ice Cream Day
- 24 National Tequila Day
- 31 National Avocado Day


HISTORICAL FACTS

- ★ On July 1, 1847, the U.S. postage stamps went on sale for the first time. One, priced at five cents, depicted Benjamin Franklin. The other, a ten-cent stamp, pictured George Washington. Clerks used scissors to cut the stamps from pre-gummed, nonperforated sheets.
- ★ On July 12, 1933, Congress passed the first minimum wage law. The minimum wage was set at 33 cents per hour.
- ★ On July 16, 1999, John F. Kennedy Jr., along with his wife, Carolyn, and sister-in-law, Lauren, died in a plane crash off Martha's Vineyard.
- ★ World War I, also known as the Great War, began on July 28, 1914, after the assassination of Archduke Franz Ferdinand of Austria. His murder catapulted into a war across Europe that lasted until 1918.


MEET OUR DOCTORS




ROBERT J. VALINS, D.P.M.



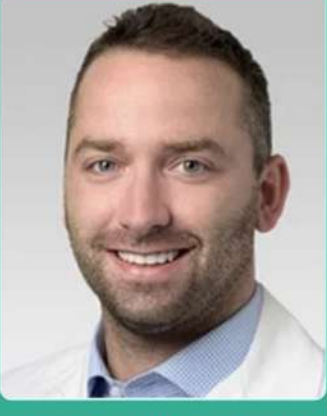
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