#### In this Issue...

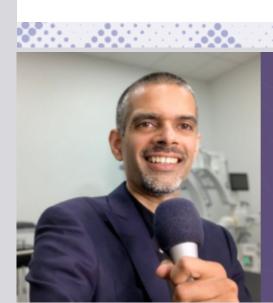
- Should I Be Evaluated for Psoriatic Arthritis?
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#### **Should I Be Evaluated for Psoriatic Arthritis?**



If you have psoriasis, you are already familiar with the effects that an auto-immune condition can have on your body. In the case of psoriasis, your immune system, designed to protect your body from any foreign invaders when working properly, is inaccurately seeing your skin as "foreign" and attacks by causing inflammation, leading to the skin lesions of psoriasis.

Click Here to Read More



## FREE WEBINAR

July 12, 2023 at 11:15 am Central

Learn about Regenerative Medicine Procedures for Joint Arthritis, Injuries, and Spine Pain. We understand how overwhelming it feels to choose the right solution for your pain. Sometimes you need answers from a real person. Join us for our next webinar- a lively educational online class designed to give you a level of trust that no website or PDF could ever give you because you'll be meeting the doctor.

>>> Learn more and reserve your spot

### **Dealing with Heel Pain**

Heel pain is one of the most common podiatric symptoms patients will experience. It can become debilitating and severely limit simple daily activities like standing and walking. The first step is tracking down the source of your heel pain.

Click Here to Read More



At <u>Chicago Arthritis and Regenerative Medicine</u>, our next-generation regenerative medicine procedures and pain relief technologies treat various conditions arising from sports injuries, arthritic diseases, tendinitis, overuse injuries, and back pain. Contact our Chicago office today at **773-348-7171** to learn how we can help.



## Recipe of the Month

#### **Mint-Cucumber Tomato Sandwiches**

This a simple and straightforward idea for a very tasty and quick lunch or snack on a hot summer day



## **Ingredients:**

- 3 tablespoons butter, softened
- 8 slices sourdough bread or bread of your choice • 1 large cucumber, thinly slices
- 1 medium tomatoes, thinly sliced
- 1/4 teaspoon salt • 1/8 teaspoon pepper
- 1/4 cup fresh mint leaves

# **Directions:**

- 1. Spread butter over 4 slices of bread. 2. Layer with cucumber and tomatoes
- 3. Sprinkle with salt, pepper, and mint. 4. Top with remaining bread.
- 5. If desired, cut each sandwich into quarters. Recipe courtesy of <u>Taste of Home</u>



### **Convenient Parking for Your** Appointment is Available C2Parking located at 708 W. Wayman ST (Behind Carnivale) offers

\$10 All Day Parking

Monthly Rates Available | Attendant on Duty

Cash or Card Accepted

What's Happening In & Around Chicago			
July 1	July 6	July 15	July 18
Shania Twain  Credit Union 1 Amphitheatre  Tinley Park	Foundation Room Presents Comedy Night  House of Blues Chicago  Chicago	Taste of Chicago  Pullman Park  Chicago	Alicia Keys United Center Chicago
July 22-23	July 26	July 29	August 5
68 Annual Vintage Car Show  Cantigny Park  Wheaton	Movie Night: Top Gun Maverick  Gallagher Way  Chicago	Hazy Days of Summer 4 – Outdoor Beer Festival & Competition  Space Stage Studios – Outdoor Courtyard  Chicago	Taste of Chicago – Marquette Park  Marquette Park  Chicago
August 10-20	August 19-20	August 23	August 27
Illinois State Fair 2023 Illinois State Fairgrounds Springfield	Air and Water Show  North Avenue Beach South Volleyball Courts  Chicago	Movies At Gallagher Way: Puss in Boots: The Last Wish  Gallagher Way  Chicago	SuperWrestlers Strike Back Concord Music Hall Chicago
September 1	September 2-4	September 15-17	
North Coast Music Festival 2023 SeatGeek Stadium Bridgeview	The Great American Lobster Fest 2023 Chicago's Navy Pier Chicago	Riot Fest 2023  Douglass (Anna & Frederick) Park  Chicago	





substitute for professional medical advice

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CONTACT US →

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