



In this Issue...

- Should I Be Evaluated for Psoriatic Arthritis?
- Dealing with Heel Pain
- Recipe of the Month: Mint-Cucumber Tomato Sandwiches
- What's Happening In & Around Chicago

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 [Chicago Arthritis and Regenerative Medicine](#), 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 [Taste of Home](#)



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



Meet our Doctor

Siddharth Tambar, MD

[>>> Learn More about Dr. Tambar](#)



Need More info?

[CONTACT US →](#)



618 W. Fulton St.
Chicago, IL 60661
773-348-7171
[www.chicagoarthritis.com](#)

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice