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FEATURED ARTICLES

Summer Travel Tips



Summer is the season of adventure, whether you're catching a flight or hitting the road. Amid the excitement of planning outfits, packing bags, and crafting itineraries, there's one vital part of your body that often gets overlooked: your feet.

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3 Common Foot Issues in Children

Children are constantly growing and developing, and their feet are no exception! However, many parents overlook early foot problems, thinking kids will "grow out of it." In reality, untreated foot issues in childhood can lead to long-term discomfort and mobility challenges.

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Why Are My Feet Swelling in the Heat?




Summertime means longer days and fun in the sun, but with the rise in temperatures often comes an uncomfortable side effect: swollen feet and ankles. While this may seem like a minor inconvenience, persistent or painful swelling shouldn't be ignored.

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MEET OUR DOCTORS



JASMEET CHAWLA, D.P.M.



BRANDON A. MACY, D.P.M.



DANNY PHAN, D.P.M.

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RECIPE OF THE MONTH

PEACH, TOMATO & CORN ARUGULA PASTA SALAD



CLICK HERE FOR THE FULL RECIPE

Recipe courtesy of [ambitiouskitchen.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 Global Forgiveness Day
- 11 All American Pet Photo Day
- 20 National Ice Cream Day
- 25 National Hire A Veteran Day

HISTORICAL FACTS



July 1, 1874 – First U.S. Zoo Opens - The Philadelphia Zoo opens to the public. The first official zoo in the United States helping foster love and education about wildlife.



July 5, 1994 – Amazon Founded - Jeff Bezos officially incorporates Amazon.com in Washington state. It begins as a humble online bookstore and revolutionizes shopping forever.



July 12, 1970 – First “Pet Rock” Prototype Created - An ad executive jokingly invents the Pet Rock. It becomes a short-lived but wildly successful U.S. novelty toy and pop culture phenomenon.



July 25, 1978 – First U.S. IVF Baby Born - Following a global breakthrough, the first American "test-tube baby" is born, bringing hope to families struggling with infertility.

 Book Your Appointment Today! 



Clark Podiatry Center
1114 Raritan Rd
Clark, NJ 07066
Phone: 732-382-3470
Fax: 732-301-8262

Mon: 8:00am – 12:00pm; 1:30pm - 4:00pm
Tue: 8:00am – 12:30pm; 1:00pm - 5:00pm
Wed: 8:00am – 1:00pm
Thu: 8:00am – 12:00pm; 1:30pm - 5:00pm
Fri: 8:00am – 12:00pm
Sat / Sun: Closed

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