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FEATURED ARTICLES

Do You Really Need a Summer Foot Checkup?



Summer tends to sneak up on us. One minute you're in sneakers and socks, and the next, your feet are front and center in sandals, at the pool, or on the beach. It's also the time of year when we're more active, more social, and, whether we realize it or not, putting a lot more stress on our feet.

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Best Footwear for Summer Festivals, Theme Parks, and Travel

Summer is the season for vacations, concerts, amusement parks, long walks, and weekend adventures. Unfortunately, it is also one of the busiest times of year for foot pain. Many people spend entire days walking in shoes that were never designed for hours of standing, heat, and activity.



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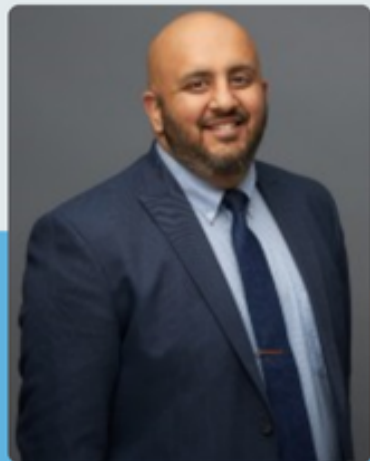
Why Foot Problems Often Flare Up in July



For many people, July is filled with vacations, outdoor activities, pool days, travel, and long hours spent on their feet. While summer is meant to be relaxing, podiatrists often see an increase in foot problems during this time of year.

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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 SEASON



Recipe courtesy of thepioneerwoman.com

YOUR SEASONAL CALENDAR HIGHLIGHTS

June 1 – 30 - Pride Month: The original 1978 rainbow flag symbolizing life (red), healing (orange), sunlight (yellow), nature (green), serenity/art (blue/turquoise), and spirit (violet).

June 21 - Father's Day: The oldest known Father's Day message is over 4,000 years old, carved in clay by a Babylonian boy named Elmesu to wish his father health and long life.

July 4 — Independence Day: Our 50-star flag was designed by a 17-year-old for a school project. His teacher gave him a B-minus, but raised it to an A after Congress officially adopted the design!

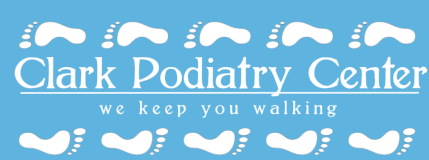
July 7 — World Chocolate Day: Before it arrived in Europe in 1550, chocolate wasn't sweet—it was consumed in Mesoamerica as a bitter, spicy liquid mixed with chili peppers.

July 10 — Teddy Bear Picnic Day: The toy was named after President Theodore "Teddy" Roosevelt after he famously refused to shoot a captured black bear on a 1902 hunting trip.

July 17 — World Emoji Day: Look closely at the standard "Calendar" emoji on your phone—July 17th is the exact date permanently displayed on the icon.

July 20 — Ice Cream Soda Day: Created by accident in 1874 when a Philadelphia soda vendor ran out of sweet cream and substituted vanilla ice cream instead.

July 31 — Avocado Day: Avocados are technically single-seeded berries. Due to their shape and bumpy green skin, early English colonists called them "alligator pears."



NEW JERSEY'S FAVORITE KIDS' DOCS

[REQUEST AN APPOINTMENT TODAY!](#)

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Mon: 8:00am – 12:00pm; 1:30pm – 4:00pm
Tue: 10:30am – 12:30pm; 1:00pm – 4:30pm
Wed: 8:00am – 1:00pm
Thu: 8:00am – 12:00pm; 1:30pm – 5:00pm
Fri: 9:30am – 12:00pm
Sat / Sun: Closed

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