

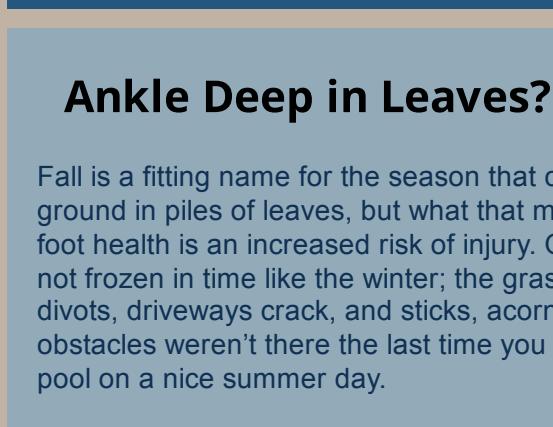
## Feet First Foot Care Specialists, LLC

### IN THIS ISSUE

- The Link Between Breast Cancer and Foot Health
- Ankle Deep in Leaves? Don't Fall Behind on Foot Health!
- This Month in October
- Recipe of the Month: Spaghetti Salad

### FEATURED ARTICLES

#### The Link Between Breast Cancer and Foot Health



October is Breast Cancer Awareness Month, which means it's time to talk about the connection between foot and breast health. From cancer survivors to those undergoing treatment, breast cancer affects the feet in many ways, which can be an unnecessary burden for anyone affected.

[Click Here to Read More](#)

#### Ankle Deep in Leaves? Don't Fall Behind on Foot Health!

Fall is a fitting name for the season that covers the ground in piles of leaves, but what that means for our foot health is an increased risk of injury. Our yards are not frozen in time like the winter; the grass gets new divots, driveways crack, and sticks, acorns, and other obstacles weren't there the last time you skimmed the pool on a nice summer day.

[Click Here to Read More](#)

### MEET OUR DOCTOR



ADAM MUCINSKAS DPM, FACFAS

[Read More Here](#)

### RECIPE OF THE MONTH

## Spaghetti Salad

This hearty, flavorful spaghetti salad is perfect as a side dish or entree.

#### Ingredients:

- 1 package (16 ounces) thin spaghetti, halved
- 3 medium tomatoes, diced
- 3 small zucchinis, diced
- 1 large cucumber, halved, seeded and diced
- 1 medium green pepper, diced
- 1 medium sweet red pepper, diced
- 1 bottle (8 ounces) Italian salad dressing
- 2 tablespoons grated Parmesan cheese
- 1 1/2 teaspoons sesame seeds
- 1 1/2 teaspoons poppy seeds
- 1/2 teaspoon paprika
- 1/4 teaspoon celery seed
- 1/8 teaspoon garlic powder
- Chopped fresh parsley, optional

Recipe courtesy of [Tasteofhome.com](#)

#### Directions:

1. Cook spaghetti according to package directions; drain & rinse in cold water. Place in a large bowl; add tomatoes, zucchini, cucumber, & peppers.
2. Combine the next 7 ingredients; pour over salad and toss to coat. Cover and refrigerate for at least 2 hours. If desired, sprinkle with parsley.

### THIS MONTH IN OCTOBER

#### INTERESTING DATES

##### OCTOBER

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			

2 Rosh Hashanah

4 World Animal Day

11 Yom Kippur

13 Breast Cancer Awareness Day

14 Columbus/Indigenous Peoples' Day

21 Back to the Future Day

31 Halloween

#### HISTORICAL FACTS

October 1, 1890 – Establishment of Yosemite National Park



Yosemite became a national park under an act signed by President Benjamin Harrison, preserving its stunning natural landscapes and setting a precedent for the national park system in the U.S.

October 4, 1927 – Mount Rushmore Construction Begins



Sculptor Gutzon Borglum began work on the Mount Rushmore monument in South Dakota, which features the faces of four U.S. presidents: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln.

October 24, 1929 – Black Thursday (Stock Market Crash)



The U.S. stock market crashed on what became known as "Black Thursday," marking the beginning of the Great Depression, a decade-long economic downturn that affected many countries worldwide.

October 28, 1962 – Cuban Missile Crisis Ends



The Cuban Missile Crisis, a 13-day confrontation between the United States and the Soviet Union over Soviet missiles in Cuba, ended when the USSR agreed to dismantle its missiles in exchange for the U.S. agreeing not to invade Cuba.

Book Your Appointment Today!

[Click here for Office Hours](#)

Feet First Foot Care Specialists, LLC  
162 West Street, Suite K  
Chromwell, CT 06419  
[www.feetfirst-footcare.com](#)



Need more info?

CONTACT US

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

