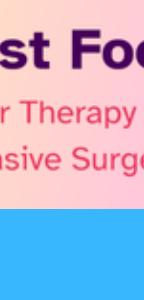


>>> WINTER 2026 <<<





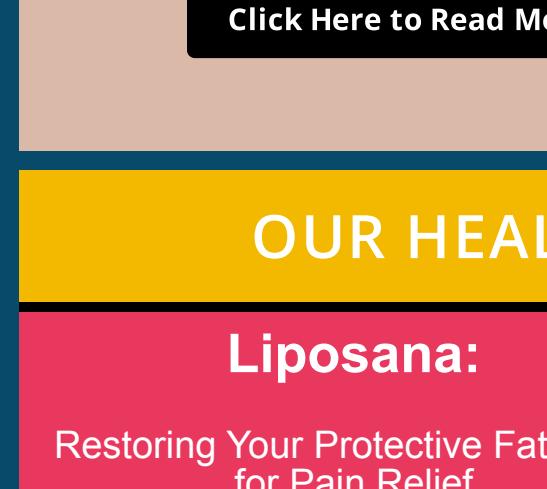
Feet First Foot Care
Center for Laser Therapy and Minimally Invasive Surgery

IN THIS ISSUE

- What February's Heart Month Means for Foot Care
- 5 Foot Symptoms You Should Never Ignore
- Our Healing Technology
- Blog Spotlight: How to Treat and Beat Fat Pad Atrophy (With Liposana!)
- This Month in February
- Recipe of the Month: The Original Marry Me Chicken

FEATURED ARTICLES

What February's Heart Month Means for Foot Care

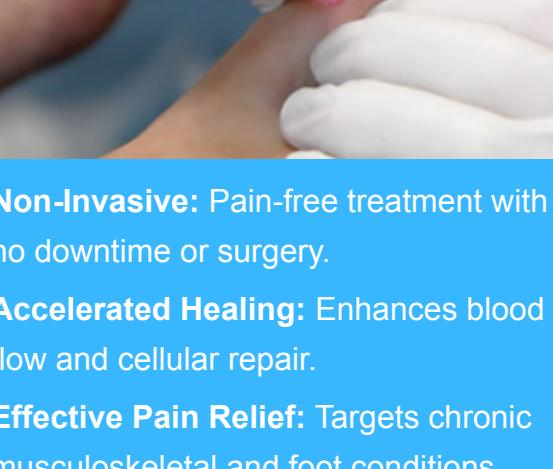


February is American Heart Month, a reminder that heart health affects far more than just your cardiovascular system or blood pressure readings. In fact, some of the earliest warning signs of cardiovascular disease can appear in an unexpected place: your feet.

[Click Here to Read More](#)

5 Foot Symptoms You Should Never Ignore

Your feet are with you every step of the way, yet they're often the most overlooked part of your body. While a little soreness after a long day may seem normal, certain foot symptoms shouldn't be brushed aside.



[Click Here to Read More](#)

OUR HEALING TECHNOLOGY

Liposana:
Restoring Your Protective Fat Layer for Pain Relief



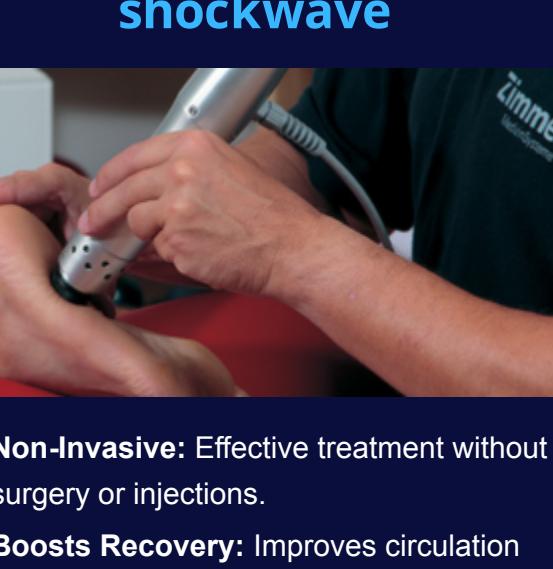
Restore What's Yours

- Fat pad atrophy
- Metatarsalgia
- Plantar heel pain
- Plantar ulcers
- Calluses
- Post-surgical corrections

If you have any of these or other conditions related to a fat layer defect, Liposana may help!

[Click Here For More Information](#)

Remy + Pinpointe Laser™ Treatment!



Non-Invasive: Pain-free treatment with no downtime or surgery.

Accelerated Healing: Enhances blood flow and cellular repair.

Effective Pain Relief: Targets chronic musculoskeletal and foot conditions.

Deep Tissue Recovery: Resolves tendinopathies and myofascial pain.

✓ Safe ✓ Effective ✓ Modern

[Learn More About Remy + Pinpointe Laser™](#)

Swift Therapy for Warts



- Targeted Treatment: Revolutionary solution for stubborn plantar warts.
- Microwave Tech: Uses microwave energy instead of freezing, burning, or cutting.
- Immune-Driven: Stimulates the body to clear the virus from the inside out.
- Easy Recovery: Minimal discomfort with no downtime required.

High success rate with persistent warts.
Safe for all ages.

[Learn More About Swift](#)

Zimmer enPuls shockwave



- Non-Invasive: Effective treatment without surgery or injections.
- Boosts Recovery: Improves circulation and accelerates natural healing.
- Targeted Pain Relief: Treats tendinopathies, trigger points, and myofascial pain.
- Chronic Care: Resolves long-term musculoskeletal and orthopedic foot issues.

Learn More About Zimmer enPuls

BLOG SPOTLIGHT:

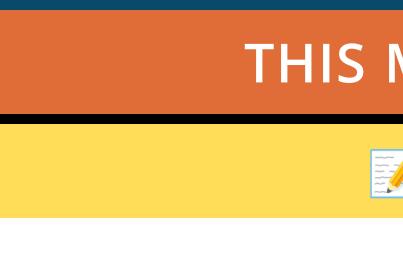
How to Treat and Beat Fat Pad Atrophy (With Liposana!)



You buy the most expensive sneakers with "cloud" technology. You wear cushioned socks. You avoid walking barefoot at all costs. Yet, by the end of the day, you still feel that distinct, deep ache in your heels or the balls of your feet.

[Read More](#)

MEET OUR DOCTOR



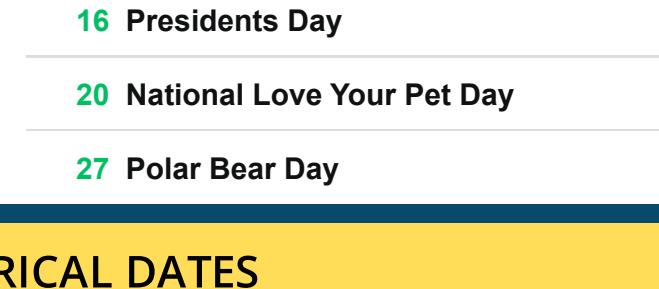
ADAM MUCINSKAS DPM



MEET OUR STAFF

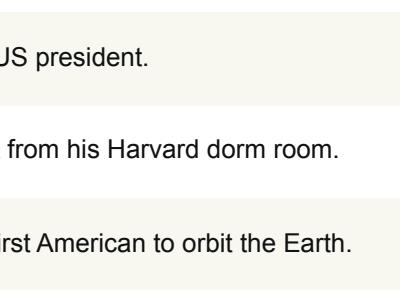
[Read More Here](#)





RECIPE OF THE MONTH

Marry Me CHICKEN



[Click Here for the Full Recipe](#)

Recipe courtesy of [delish.com](#)

THIS MONTH IN FEBRUARY

 **INTERESTING DATES**

FEBRUARY						
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

2 Groundhog Day

4 World Cancer Day

8 Super Bowl Sunday

14 Valentine's Day

16 Presidents' Day

20 National Love Your Pet Day

27 Polar Bear Day

 **HISTORICAL DATES**

- February 1, 1865: President Abraham Lincoln signed the 13th Amendment to the United States Constitution, officially abolishing slavery.

- February 4, 1789: George Washington was elected the first US president.

- February 4, 2004: Mark Zuckerberg launches Facebook from his Harvard dorm room.

- February 20, 1962: Astronaut John Glenn became the first American to orbit the Earth.

- February 25, 1870: Sehitam Rhodes Revels, became the first African American to serve in

- the Senate.

- February 26, 1968: The first American heart transplant was performed by Dr. Michael E. DeBakey at the University of Texas.

- February 27, 1972: The first American heart-lung transplant was performed by Dr. Thomas Starzl at the University of Colorado.

- February 28, 1973: The first heart-lung transplant was performed by Dr. Norman Shumway at Stanford University.

- February 29, 1984: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 1988: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 1990: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 1992: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 1994: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 1996: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 1998: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2000: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2002: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2004: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2006: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2008: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2010: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2012: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2014: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2016: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2018: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2020: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2022: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2024: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2026: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2028: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2030: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2032: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2034: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2036: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2038: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2040: The first heart-lung transplant was performed by Dr. James D. Markham at the University of Louisville.

- February 29, 2042: The first heart-lung transplant was performed by Dr. James D. Markham