



WINTER 2026



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### 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.



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### BLOG SPOTLIGHT

#### Discover Lasting Pain Relief With Shockwave Therapy at West Hartford Podiatry Associates



At West Hartford Podiatry Associates, we understand how debilitating chronic foot and ankle pain can be, especially when it interferes with your everyday life. Whether you're an athlete sidelined by heel pain or someone who can't even enjoy a walk without discomfort, we're here to help you get back on your feet.

[Click Here to Read More](#)

### MEET OUR DOCTORS



MARC A. LEDERMAN, D.P.M.



KURT W. RODE, D.P.M.

[Read More Here](#)

### MEET OUR STAFF



### RECIPE OF THE MONTH

Marry Me

CHICKEN

[Click Here for the Full Recipe](#)

Recipe courtesy of [delish.com](#)

## DON'T SUFFER IN PAIN

Whether it's a sprain, fracture or any foot injury, our skilled podiatrists are here to provide you with the highest quality care.

WE OFFER SAME DAY URGENT CARE APPOINTMENTS

CALL 860-236-2564

### 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 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:** Hiram Rhoades Revels, became the first African American to serve in the United States Senate.

[REQUEST AN APPOINTMENT TODAY!](#)

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