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SUMMER 2025

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Bethel Foot and Ankle

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www.BethelFootandAnkle.com



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- Why Are My Feet Swelling in the Heat?
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FEATURED ARTICLES

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.

Click Here to Read More

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.

Click Here to Read More



Liposana:

Restoring Your Protective Fat Layer for Pain Relief

Liposana®

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

MEET OUR DOCTORS



DR. MICHAEL Z. FEIN

Read More Here



DR. JAMIE A. OTFINOSKI

Read More Here

Welcome SUMMER

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!

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Mon: 8:00am – 5:00pm

Tues: 8:00am – 5:00pm

Wed: 9:00am – 6:00pm

Thurs: 9:00am – 5:00pm

Fri: 8:00am – 1:00pm

BethelFootandAnkle.com

Need more info?

CONTACT US →

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MARKETING