



Fall 2024



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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](#)

Massage, Nail Care, and Skin Care: 3 Ways to Handle Chronic Pain

When pain won't quit, it can significantly impact your quality of life, slowing you down and preventing you from enjoying your usual activities. Many of those affected seek solutions in the form of surgery or medication, but in reality, a combined approach is often the most effective way to manage chronic pain.

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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.

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DR. JULIE'S 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

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.

Recipe courtesy of [Tasteofhome.com](https://www.tasteofhome.com)

What's Happening in and Around Stratham, NH

October 12 & 19

[Legends of the Haunted Woods](#)
[Night Time Super scary Walk](#)

James House
Hampton

October 25

[2024 Monster Mash](#)

Epping Elementary School
Epping

October 27

[2nd Annual Fall Artisan Fair & Trick-or-Treat](#)

Bedford Event Center
Bedford

November 4

[Village Craft Fair](#)

First Congregational Church of Salem
Salem

November 9

[Arielle Designs at the Annual Holiday Fine Arts & Craft Show](#)

Great Bay Community College Portsmouth

November 16

[Candy Cane Christmas Fair](#)

First Church of Christ
Bradford

November 23

[Auction for the Animals](#)

Wentworth by the Sea Hotel
New Castle

November 29 - December 7

[Carroll County RSVP's 9th Annual Festival of Trees](#)

Settlers Green Outlet Village
North Conway

December 1

[6th Annual Christmas Fair](#)

Derry Salem Elks Club
Salem

December 10

[TASTE OF EXETER: An Evening w/ Exeter's Chefs, Brewers, Artists & Musicians](#)

Exeter Town Hall
Exeter

MEET OUR DOCTORS



DR. JULIE SHAHEEN
MEDICAL DIRECTOR & PODIATRIST



DR. JIM DOLAN
PODIATRIST

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