Fall 2026



FROM THE GROUND UP
- PODIATRY -

Barefoot
Medical Spa

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FEATURED ARTICLES

World Arthritis Day: Is Arthritis Causing Your Foot or Ankle Pain?

October 12 is **World Arthritis Day**, a time to raise awareness about arthritis and how it can affect everyday movement and quality of life. While many people associate arthritis with the knees, hips, or hands, it can also affect numerous joints throughout the feet and ankles.

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Halloween Costume Hazards That Can Lead to Foot and Ankle Injuries



Halloween means costumes, parties, trick-or-treating, and plenty of time on your feet. Whether you are dressing up for a Halloween event or helping your kids get ready to collect candy, the wrong costume choices can increase the risk of trips, falls, blisters, and foot or ankle injuries.

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RECIPE OF THE MONTH



Recipe courtesy of tornadoughalli.com

What's Happening in and Around Stratham, NH

October 31 - November 1

Fall Harvest Festival Closer at Applecrest Farm Orchards

Hampton Falls, NH

November 26

2026 T4G (Thanks for Giving) 5k/10k

Exeter, NH

December 2 & 3

28th Annual Festival of Trees

Exeter, NH

December 18 & 19

A Christmas Carol, A Live Reading

Newmarket, NH

December 20

Portsmouth Symphony Orchestra Family Holiday Pops

Portsmouth, NH

MEET OUR DOCTOR



DR. JIM DOLAN
PODIATRIST

MEET OUR STAFF



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