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Should I Be Evaluated for Psoriatic Arthritis?



If you have psoriasis, you are already familiar with the effects that an auto-immune condition can have on your body. In the case of psoriasis, your immune system, designed to protect your body from any foreign invaders when working properly, is inaccurately seeing your skin as "foreign" and attacks by causing inflammation, leading to the skin lesions of psoriasis.

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FREE WEBINAR
 July 12, 2023 at 11:15 am Central

Learn about Regenerative Medicine Procedures for Joint Arthritis, Injuries, and Spine Pain. We understand how overwhelming it feels to choose the right solution for your pain. Sometimes you need answers from a real person.

Join us for our next webinar—a lively educational online class designed to give you a level of trust that no website or PDF could ever give you because you'll be meeting the doctor.

[>>> Learn more and reserve your spot](#)

Dealing with Heel Pain

Heel pain is one of the most common podiatric symptoms patients will experience. It can become debilitating and severely limit simple daily activities like standing and walking. The first step is tracking down the source of your heel pain.

[Click Here to Read More](#)



At [Chicago Arthritis and Regenerative Medicine](#), our next-generation regenerative medicine procedures and pain relief technologies treat various conditions arising from sports injuries, arthritic diseases, tendonitis, overuse injuries, and back pain. [Contact](#) our Chicago office today at 773-348-7171 to learn how we can help.



Recipe of the Month

Mint-Cucumber Tomato Sandwiches

This is a simple and straightforward idea for a very tasty and quick lunch or snack on a hot summer day



Ingredients:

- 3 tablespoons butter, softened
- 8 slices sourdough bread or bread of your choice
- 1 large cucumber, thinly sliced
- 1 medium tomatoes, thinly sliced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup fresh mint leaves

Directions:

1. Spread butter over 4 slices of bread.
2. Layer with cucumber and tomatoes
3. Sprinkle with salt, pepper, and mint.
4. Top with remaining bread.
5. If desired, cut each sandwich into quarters.

Recipe courtesy of [Taste of Home](#)



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C2Parking located at 708 W. Wayman ST (Behind Carnivale) offers

\$10 All Day Parking

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What's Happening In & Around Chicago

July 1	July 6	July 15	July 18
Shania Twain Credit Union 1 Amphitheatre Tinley Park	Foundation Room Presents Comedy Night House of Blues Chicago Chicago	Taste of Chicago Pullman Park Chicago	Alicia Keys United Center Chicago
July 22-23 68 Annual Vintage Car Show Cantigny Park Wheaton	July 26 Movie Night: Top Gun Maverick Gallagher Way Chicago	July 29 Hazy Days of Summer 4 - Outdoor Beer Festival & Competition Space Stage Studios - Outdoor Courtyard Chicago	August 5 Taste of Chicago - Marquette Park Marquette Park Chicago
August 10-20 Illinois State Fair 2023 Illinois State Fairgrounds Springfield	August 19-20 Air and Water Show North Avenue Beach South Volleyball Courts Chicago	August 23 Movies At Gallagher Way: Puss in Boots: The Last Wish Gallagher Way Chicago	August 27 SuperWrestlers Strike Back Concord Music Hall Chicago
September 1 North Coast Music Festival 2023 SeatGeek Stadium Bridgeview	September 2-4 The Great American Lobster Fest 2023 Chicago's Navy Pier Chicago	September 15-17 Riot Fest 2023 Douglass (Anna & Frederick) Park Chicago	



Meet our Doctor
Siddharth Tambar, MD

[>>> Learn More about Dr. Tambar](#)



Need More info?

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