



CHICAGO ARTHRITIS AND REGENERATIVE MEDICINE
Spring Newsletter
 773-348-7171
 www.chicagoarthritis.com

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Tough Dietary Decisions to Make? Semaglutide Can Help



Dietary decisions can be difficult for even the most health-conscious among us. However, it's best to take them seriously rather than rushing headlong into any nutritional fad that might happen to come across your radar. That's because the content of what you eat has a significant impact on your overall well-being, affecting your health from head to toe.

[Click Here to Read More](#)



FREE WEBINAR

April 10, 2024 at 11:15am 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](#)

Brand New Tools to Treat Knee Meniscus Tears

Knee pain caused by a meniscus tear can significantly impact your life, hampering your mobility and limiting your enjoyment of daily activities. Traditional treatments often involve surgery, which comes with a long recovery process and potential complications. And to make matters even more difficult, there's no guarantee that a surgical procedure will fix your meniscus tear, meaning you might suffer the discomfort and extended recovery time without reaping any real benefits.



[Click Here to Read More](#)

At **Chicago Arthritis and Regenerative Medicine**, we offer the most advanced non surgical musculoskeletal treatments. Our next-generation regenerative medicine procedures and pain relief technologies are used to treat a wide variety of 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 our advanced non-surgical treatments can help relieve your pain. You can also make an appointment [online](#).



Don't Forget to Read our Latest Blogs

[Click Here →](#)

Chicago Arthritis Medical Weight Loss Program
Safe and Effective Weight Loss with Peptide Therapy

Lose weight and improve your health with a personalized weight loss plan supervised by a medical physician and powered by semaglutide, the most effective weight loss medication on the market.

[Schedule a Consultation Today](#)

Start Your Journey to a Healthier You!

Recipe of the Month

Vegetarian Niçoise Salad

This vegetarian take on a traditional Niçoise salad omits the fish and piles on plenty of vegetables.



Ingredients:

- 3 cups spring mix salad greens
- 2 tablespoons lemon vinaigrette, divided (see Tip)
- 1/4 cup of steamed green beans
- 1/4 cup of diced cooked baby potatoes
- 1/4 cup of grape tomatoes, halved
- 1 large hard-boiled egg, sliced
- 1/2 ounce pitted Kalamata olives
- 2 tablespoons crumbled reduced-fat feta cheese (1/2 oz.)

Directions:

1. Toss salad greens with 1 tablespoon plus 1 teaspoon of vinaigrette and place on a 9-inch plate.
2. Gently toss green beans and potatoes with the remaining 2 teaspoons of vinaigrette; arrange on top of the salad greens. Top with tomatoes, egg, olives, and feta and serve.

Tip:

To make a quick homemade lemon vinaigrette, whisk 2 Tbsp. lemon juice with 1/2 tsp. minced garlic, 1/4 tsp. dried thyme, and 1/8 tsp. each of salt and pepper. Slowly whisk in 1/4 cup extra-virgin olive oil until blended. Extra dressing will keep covered in the refrigerator for up to 5 days. Bring to room temperature before using.

Recipe courtesy of [eatingwell.com](#)



Convenient Parking for Your Appointment is Available

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

\$10 All Day Parking

Monthly Rates Available | Attendant on Duty
 Cash or Card Accepted

What's Happening In & Around Chicago

<p>April 6 – 7</p> <p>Chicago International Dollhouse and Miniatures Show 2024</p> <p>Marriott Chicago O'Hare Chicago</p>	<p>May 4</p> <p>Naperville Food Truck Festival</p> <p>Naper Settlement Naperville</p>	<p>May 27</p> <p>9th Annual Southside Memorial Day Parade</p> <p>7750 S Emerald Ave Chicago</p>
<p>April 11 – 14</p> <p>EXPO CHICAGO – International Exposition of Contemporary & Modern Art</p> <p>Navy Pier Chicago</p>	<p>May 11</p> <p>70th Annual Pancake Breakfast & Mother's Day Plant Sale</p> <p>Elmhurst American Legion THB Post 187 Elmhurst</p>	<p>June 1</p> <p>Chicago Gospel Music Festival</p> <p>Millennium Park Chicago</p>
<p>April 18 – 21</p> <p>Chicago Spring Fling 2024</p> <p>Chicago Renaissance O'Hare Chicago</p>	<p>May 21 - 22</p> <p>Spring Lincoln Roscoe Art + Craft Fair</p> <p>Lincoln Ave from Rosco to School Chicago</p>	<p>June 6 – 9</p> <p>Puerto Rican Festival Chicago 2024 Puerto Rican Fest</p> <p>Humboldt Park Chicago</p>
<p>April 26 – 28</p> <p>Chicago Comic & Entertainment Expo 2024</p> <p>McCormick Place Chicago</p>	<p>May 21</p> <p>Margarita & Sangria Fest at Lincoln Park Zoo</p> <p>Lincoln Park Zoo Chicago</p>	<p>June 14 – 16</p> <p>Ribfest Chicago</p> <p>Lincoln Avenue between Irving Park Road and Berteau Avenue Chicago</p>



Need More info?

[CONTACT US →](#)



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