



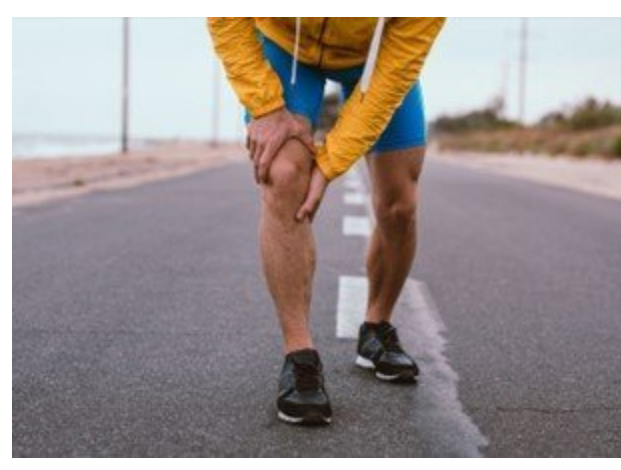
**CHICAGO ARTHRITIS AND REGENERATIVE MEDICINE**  
**Fall Newsletter**

773-348-7171  
 www.chicagoarthritis.com

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**A Runner's Guide to Managing the Knees**



Fall is a popular time for running, and with our own Chicago Marathon just around the corner, many competitors are gearing up for their biggest race of the year. Yet, while training for a marathon is an exciting journey, it can also put a strain on your body, particularly your knees.

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**FREE WEBINAR**

Join our webinars to explore the latest advancements in **Regenerative Orthopedic Medicine Procedures**, where we delve into cutting-edge therapies and innovations to reduce pain, improve function, and avoid surgery. Additionally, don't miss our sessions on our **Medically Assisted Weight Loss Program with Peptide Therapy**, offering expert insights and strategies for achieving lasting health and wellness.

Our webinars are online via Zoom and designed to give you a level of trust that no website or PDF could ever give you because you'll be meeting the doctor. Get the answers to your questions from a real person. We're excited to meet you!

[Learn More and Reserve Your Spot](#)

**Fall Feasts and RA: A Guide to Inflammation-Friendly Dining**

As families gather for fall festivities and back-to-school activities, it's easy to lose sight of inflammatory risk factors; conversely, [making time for healthy choices can be quite hard](#). And while the season is filled with tempting treats and holiday feasts, there are many delicious and nutritious options you can swap to help alleviate symptoms and improve overall well-being.



[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](#).



**Check Out Our Latest Blogs**

**Food Diary: What Gets Measured, Gets Managed**

The idea that "what gets measured gets managed" is a principle that applies to both work and personal life. For anyone looking to improve a certain area of their life—whether it be health, fitness, or habits—keeping track of progress is key...

[Click Here to Read More](#)



**GLP-1 Agonists in Autoimmune Disease**

Lately, there has been growing concern around cardiovascular disease (CVD) in patients with autoimmune conditions. With over 16 years of experience, physicians often witness their patients navigate the full spectrum of health challenges as they age, including the increased risk of heart disease.

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[For More Blogs](#)

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**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**

**Ravioli with Creamy Squash Sauce**

This cozy, restaurant-quality dish tastes so good your family won't notice it's meatless.



**Ingredients:**

- 1 package (9 ounces) refrigerated cheese ravioli
- 3 garlic cloves, minced
- 2 tablespoons butter
- 1 package (10 ounces) frozen cooked winter squash, thawed
- 1 package (6 ounces) fresh baby spinach
- 1 cup heavy whipping cream
- 1/3 cup vegetable broth
- 1/4 teaspoon salt
- 1 cup chopped walnuts, toasted

**Directions:**

1. Cook ravioli according to package directions. Meanwhile, in a Dutch oven, sauté garlic in butter for 1 minute. Add squash and spinach; cook until spinach is wilted, 2-3 minutes longer. Stir in cream, broth and salt. Bring to a gentle boil; cook until slightly thickened, 6-8 minutes.
2. Drain ravioli; add to squash mixture. Toss to coat. Sprinkle with walnuts.

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

September 29	October 26 – 27	November 24
<a href="#">Family Fall Fest</a> Parkway Bank Park Rosemont	<a href="#">Chicago Women's Expo Beauty and Fashion</a> Donald E. Stephens Convention Center Rosemont	<a href="#">Thanksgiving Community Feast</a> Chevy Chase Country Club Wheeling
<a href="#">The Great Pumpkin Party</a> Centennial Park Orland Park	<a href="#">2nd Annual Elm Tree Holiday Vendor Fair</a> 545 S Ardmore Ave Villa Park	<a href="#">Holiday in the Park &amp; Parade</a> Jackman Park Glenview
<a href="#">Octoberfestersary 2024</a> 1800 W Cuyler Ave Chicago	<a href="#">Holiday Arts &amp; Gift Show</a> Lake Barrington Shores Lake Barrington	
<a href="#">Evanston Main Street Fall Fest</a> Evanston Main Street Station Evanston	<a href="#">The leading beauty show in Chicago - The Makeup Show</a> Rockwell on the River Chicago	



**Meet our Doctor**  
**Siddharth Tambar, MD**

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



**Need More info?**

[CONTACT US →](#)



618 W. Fulton St.  
 Chicago, IL 60661  
 773-348-7171  
[www.chicagoarthritis.com](http://www.chicagoarthritis.com)

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