



CHICAGO ARTHRITIS AND REGENERATIVE MEDICINE
Winter Newsletter

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In this Issue...

- Navigating the Holidays with Chronic Conditions
- A Step-By-Step Guide to Cold Weather Injury Prevention
- Check Out Our Latest Blogs
- Recipe of the Month: Stuffed Mushrooms with Crabmeat
- What's Happening In & Around Chicago

Navigating the Holidays with Chronic Conditions



For people living with chronic conditions like [rheumatoid arthritis](#) or [other autoimmune diseases](#), holiday festivities can be seriously stressful. Increased activity, busy travel plans, and family reunions all present the potential for tension, while changes in routine can sometimes exacerbate symptoms or disrupt well-being.

[Click Here to Read More](#)

A Step-By-Step Guide to Cold Weather Injury Prevention

Winter can be beautiful, but it also increases the risk of slips, falls, and other injuries, especially for those with pre-existing conditions or mobility concerns. Below, you'll find a simple guide to **preventing cold-weather issues** and enjoying the season safely, no matter what kind of challenges you might be facing!



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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](#).



Season's Greetings

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](#)

Check Out Our Latest Blogs

Gouty Tophi: Effective Diet, Medications, & Advanced Treatment to Control Gout

If you've noticed hard lumps forming on your fingers, toes, or other joints, you may be dealing with gouty tophi. These lumps are a sign that your gout may be progressing, indicating elevated uric acid levels that have persisted for too long.

[Click Here to Read More](#)



Rheumatoid Arthritis: Is Avoiding Medication Safe?

Managing rheumatoid arthritis (RA) effectively is crucial to maintaining joint health and overall well-being. For individuals with mild RA, the question of whether medication can be avoided often arises.

[Click Here to Read More](#)

For More 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

Stuffed Mushrooms with Crabmeat

These tender crab-stuffed mushrooms with their crispy golden topping are always popular at parties! The crab filling is a delicious special occasion treat. Serve them while they're warm.

Ingredients:

- 18 medium fresh mushrooms
- 1 can (6 ounces) crabmeat, drained, flaked and cartilage removed
- 1/3 cup mayonnaise
- 3 tablespoons seasoned breadcrumbs
- 2 tablespoons grated Parmesan cheese
- 1 garlic clove, minced
- Minced fresh parsley, optional

Directions:

1. Remove stems from mushrooms (discard stems or save for another use); set caps aside.
2. In a small bowl, combine the crab, mayonnaise, breadcrumbs, cheese and garlic. Stuff into mushroom caps. Place on a greased baking sheet.
3. Bake at 400° until mushrooms are tender, 20-25 minutes. If desired, sprinkle with parsley.

Recipe courtesy of [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

December 15

[Christmas Around the World & Holidays of Light](#)

Griffin Museum of Science and Industry

Chicago

December 29

[Lincoln Park Zoolights](#)

Lincoln Park

Chicago

December 31

[New Year's Eve Fireworks](#)

Navy Pier

Chicago

January 8 - 12

[Chicago Boat Show](#)

Donald E Stephen Convention Center

Rosemont

January 10

[Professional Bull Riders – Unleash the Beast](#)

Allstate Arena

Rosemont

January 17

[Family Craft Hour](#)

Indian Prairie Public Library

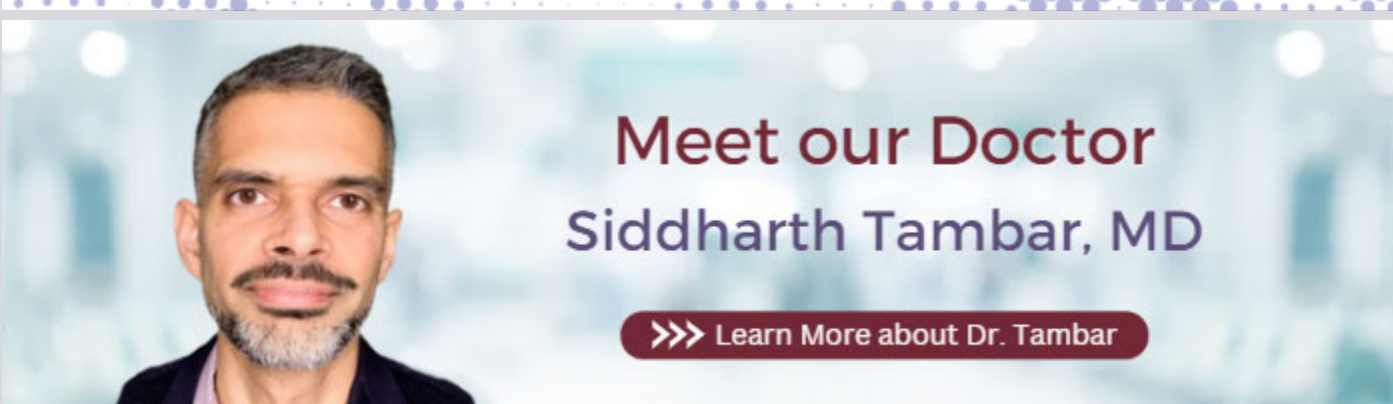
Darien

January 25 - 26

[Chinese New Year Dumpling Making Dinner](#)

Hing Kee Restaurant, 2nd Floor

Chicago



Need More info?

[CONTACT US ->](#)



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