



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

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**Spring Cleaning: Refresh Your Arthritis Management Plan**



Spring is a time of renewal, a chance to embrace fresh starts. It's also the perfect opportunity to "spring clean" your arthritis management plan! Just as you declutter your home, you can refresh your approach to managing your joint pain and stiffness.

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**Choosing Your Regenerative Medicine Doctor: A Patient's Guide**

Regenerative medicine offers exciting possibilities for treating chronic pain and musculoskeletal conditions, harnessing your body's own healing power. But with the growing popularity of treatments like **Platelet-Rich Plasma (PRP) therapy**, it's crucial to choose a qualified and experienced provider.

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At **Chicago Arthritis and Regenerative Medicine**, we offer the most advanced non-surgical musculoskeletal treatments. Our cutting-edge regenerative medicine procedures and pain relief technologies treat a wide range of conditions, including sports injuries, arthritis, tendonitis, overuse injuries, and back pain. **Contact** our Chicago office today by calling 773-348-7171 to find out how our innovative non-surgical treatments can help relieve your pain.



**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!

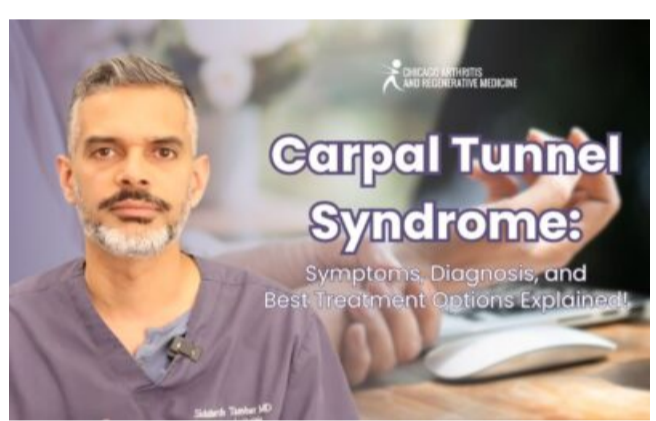
[Learn More and Reserve Your Spot](#)

**Check Out Our Latest Blogs**

**Carpal Tunnel Syndrome: Symptoms, Diagnosis, and Best Treatment Options Explained!**

Carpal tunnel syndrome (CTS) is a common nerve condition affecting millions worldwide. It causes numbness, tingling, and pain in the hands. Without treatment, symptoms can worsen, leading to muscle weakness and permanent nerve damage.

[Click Here to Read More](#)



**Wrist Ligament Injuries: Why Instability Matters & How to Fix It Naturally**

Are you struggling with wrist pain, weakness, or instability? If your wrist feels loose or gives out during daily activities, you might be dealing with a wrist ligament injury. Ignoring it could lead to long-term damage, but the good news is that surgery isn't always necessary.

[Click Here to Read More](#)

[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**  
**Roasted Cabbage Salad with Citrus Vinaigrette**

This roasted cabbage salad combines the sweetness of roasted cabbage with the bright, zesty flavors of lime, orange, and cumin. This versatile side dish works well alongside roasted chicken or steak. Or make it a vegetarian main dish by mixing it with brown rice and black beans.

**Ingredients:**

- 9 cups chopped cabbage (1-inch pieces; about 1/2 large head)
- 3 tablespoons avocado oil, divided
- 1/2 teaspoon salt, divided
- 1/4 teaspoon ground pepper
- 2 tablespoons lime juice
- 1 tablespoon orange juice
- 1/2 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper
- 1 scallion, sliced
- 1/4 cup roughly chopped fresh cilantro

**Directions:**

1. Position oven racks in the top third and lower third; preheat to 425°F. Toss 9 cups cabbage with 2 tablespoons oil and 1/4 teaspoon each salt and pepper in a large heatproof bowl until well coated. Spread in an even layer on 2 large, rimmed baking sheets.
2. Roast until tender and golden on the edges, 20 to 25 minutes, rotating the pans between the top and bottom racks halfway through.
3. Meanwhile, whisk 2 tablespoons lime juice, 1 tablespoon orange juice, the remaining 1 tablespoon oil, 1/2 teaspoon cumin, 1/4 teaspoon crushed red pepper, and the remaining 1/4 teaspoon salt in the bowl.
4. Transfer the roasted cabbage to the bowl with the dressing. Add sliced scallion and 1/4 cup cilantro; toss until coated. Let stand for 15 minutes to allow the flavors to blend.

Recipe courtesy of [eatingwell.com](http://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><b>March 15</b>  <a href="#">Chicago St. Patrick's Day Parade &amp; River Dyeing</a>                  Chicago River                  Chicago</p>	<p><b>April 12</b>  <a href="#">Donut Dash &amp; Egg Hunt Bash</a>                  Wood Dale Park District – Franzen Grove                  Wood Dale</p>
<p><b>March 22 - 23</b>  <a href="#">Shower of Crafts</a>                  College of DuPage                  Glen Ellyn</p>	<p><b>April 19</b>  <a href="#">Spring Car Classic '25</a>                  Ozinga Field                  Crestwood</p>
<p><b>April 5</b>  <a href="#">A Culinary Affair- Food Tasting Event</a>                  600 W. Cermak Rd                  Chicago</p>	<p><b>April 26</b>  <a href="#">Chicago Rum Festival 2025</a>                  Logan Square Auditorium                  Chicago</p>



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

[Learn More about Dr. Tambar](#)



**Need More info?**

[CONTACT US →](#)



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