



Call for an appointment today:
813-788-3600

Total Foot and Ankle of Tampa Bay

Robert J. Valins, D.P.M
Maria B. Walshe, D.P.M

Domenick A. Calise, D.P.M
Endri Afesllari, D.P.M

Bret C. Musser, D.P.M

NEWSLETTER

AUGUST 2022

www.mytampafoot.com

Page 1

August 2022, Vol 81

In This Issue...

- ✔ Celebrate National I Love My Feet Day
- ✔ Get Schooled: 6 Tips for Successful Shoe Shopping
- ✔ Recipe of the Month: Healthy Sicilian Cauliflower Rice



Effective Tuesday, **MAY 17**,
we will be in a new location!

Our new Wesley Chapel address is:
2336 Crestover Lane, Unit 102
Wesley Chapel 33544

SEE YOU THERE!!!

YES!!!

WE ARE ACCEPTING NEW PATIENTS
IN ALL OF OUR OFFICES!

*If you have a foot or ankle problem
we are here to help you!*

And...

WE DO TOTAL ANKLE REPLACEMENTS

**We are offering
minimal incision bunion correction!**

Ask us about the latest treatment
in bunion surgery -
minimally invasive bunionelectomy!

This is a game changer for the treatment of painful
bunions. Because the incisions are so small, patients
undergoing this procedure are experiencing less
swelling, less pain and a faster recovery.

We will get you back on your feet again quickly!

We are now offering advanced
skin grafting techniques for
difficult to heal wounds

Request an
Appointment

Our Offices

Zephyrhills Office
6326 Fort King Rd
Zephyrhills, FL 33542
Ph: (813) 788-3600
Fax: (813) 788-7010

Office Hours:

Monday:
9:00 AM - 5:00 PM
Tuesday:
8:00 AM - 5:00 PM
Wednesday:
9:00 AM - 5:00 PM
Thursday:
8:00 AM - 5:00 PM
Friday:
9:00 AM - 5:00 PM

Sun City Center Office

936 Cypress Village
Blvd. Suite B Sun City Center
FL 33573 Ph: (813) 633-5900
Fax: (813) 788-7010

Office Hours:

Monday:
9:00 AM - 4:00 PM
Tuesday:
2:00 AM - 6:00 PM
Wednesday:
9:00 AM - 4:00 PM
Thursday:
9:00 AM - 3:30 PM
Friday:
9:00 AM - 3:30 PM

Wesley Chapel Office

2336 Crestover Lane
Unit 102, Wesley Chapel
FL 33544
Ph: (813) 788-3600
Fax: (813) 788-7010

Office Hours:

Tuesday:
8:00 AM - 3:30 PM
Wednesday:
9:00 AM - 4:00 PM

Celebrate National I Love My Feet Day

On August 17th take a moment to recognize how great your feet are by recognizing I Love My Feet Day. Feet often get a bad rap as being gross and smelly but consider the following amazing facts:



- Each of your feet has 26 bones—that's nearly a quarter of all the bones in your body. A foot also contains 33 joints and over 100 muscles, tendons, and ligaments.
- The average person will walk approximately 115,000 miles in a lifetime—that's the equivalent of circling the earth more than four times.
- The sweat glands in your feet are capable of producing a half pint of perspiration daily.
- On an average day of walking the force exerted on your feet can be several hundred tons—about the same amount as a fully loaded cement truck.
- The soles of your feet contain more sensory nerve endings per square centimeter than any other body part—perhaps that's why they're so ticklish.
- Your feet function as an early warning system for the rest of your body. Many conditions including diabetes, nerve problems, arthritis, kidney and heart disease, and circulatory disorders can show early symptoms in the feet.

Give Your Feet a Treat

Now that you know a little more about how wonderful your feet really are, why not consider rewarding them with something special? Here are a few suggestions:

- **Make time for a walk**—commit to walking 2-4 times a week. Walking is the best exercise for your feet. It improves circulation, aids in weight control, and helps maintain flexibility. It also elevates your mood.
- **Buy an anti-fatigue mat**—these cushiony mats are designed for people who must spend a significant amount of time on their feet. The padded surface increases comfort and decreases foot pain and stiffness by encouraging constant micro-movements. Place in the workshop, in front of the sink, or at the head of the classroom.
- **Give yourself a foot massage**—it will not only feel great but can improve circulation and relieve stress. It's also a great chance to inspect your feet.

Be sure to report any unusual symptoms or changes in your feet to the podiatrist promptly. The best gift you can give your feet is to be proactive in your podiatric health.

Get Schooled: 6 Tips for Successful Shoe Shopping

It's almost time for children to go back to school, and that's usually preceded by another end-of-summer tradition: shopping for new shoes. Your child's shoes are one of the most important purchases you will make. Shoes that fit properly, are well-made and supportive will promote foot health now and into adulthood. Below are six tips for getting the best shoes for your child.



1. **Shop at the end of the day.** Feet are at their largest after you've walked around on them for a good while. This will help ensure that the shoes you buy won't start to feel tight on your child as the day goes on.
2. **Get feet professionally measured.** Children's feet grow fast. It's not unusual for them to increase a half or even a whole size in a six-month period. A reputable shoe store will have salespeople trained to fit your child properly. There should be about half an inch (or a thumb's width) of space between the biggest toe and front of the shoe. The heel should be snug and the toe box roomy enough to prevent toes from being squeezed together.
3. **Buy for now.** It may be tempting but don't get shoes that are a little bit larger in hopes that they will last longer. Instead, they are likely to rub and cause blisters or may even result in an injury from a trip or fall.

....continued on page 3

....continued from page 1

**Apollo Beach/
Riverview Office**
St. Joseph's - South
Baycare Outpatient Center
10141 Big Bend Road
Suite 207 Riverview FL 33578
Ph: (813) 633-5900
Fax: (813) 788-7010

Office Hours:
Monday:
9:00 AM - 4:00 PM
Tuesday:
2:00 PM - 6:00 PM
Wednesday:
9:00 AM - 4:00 PM
Friday:
9:00 AM - 3:30 PM

**Baycare/Bloomingdale
HealthHub Office**
2470 Bloomingdale Avenue,
Suite 210
Ph: (813) 633-5900
Fax: (813) 788-7010

Office Hours:
Thursday
9:00 AM - 4:00 PM

History FootNotes

•At the beginning of the 20th century, the average woman wore a size 3.5 or size 4 shoe. This increased to a 5.5 in the '40s and remained this way till the '60s. By the 1970s, the average female foot was a 7.5 and now, forty years later, the most common foot size for the American female is somewhere between 8 ½ and a 9."

•Modern flip-flops have descended from the Japanese zōri, which became popular after World War II when returning soldiers brought them back to the U.S.

•Tinea pedis, or athlete's foot, became epidemic in America in the early twentieth century, stimulated by modern socks and shoes that generated warm and moist environments that kept the fungus alive.

•Around 400 B.C., the Greek physician Hippocrates recommended treating club foot from birth and with graduated manipulations - remarkably similar to today's treatments.

....continued from page 2 **Get Schooled: 6 Tips for....**

4. **Choose soft, breathable materials.** Although they may be popular, don't cave to fads like plastic or vinyl shoes. These can cause feet to sweat and increase the risk of fungal infections.
5. **Bring the right socks.** It's best to try on shoes with the same type of sock that you plan to wear with them for a more accurate fit.
6. **Shop in person.** You might want to skip the trip to the store and buy shoes online from the comfort of your family room, but shoes need to be tried on and evaluated. Have your child put on both shoes and allow plenty of time to walk around the store to make sure they don't rub anywhere on the foot. Remember, a "breaking in" period is a myth. Your child's shoes should feel comfortable from the moment they walk out of the store.



Healthy Sicilian Cauliflower Rice

Studded with raisins, lemon zest and nuts, this fluffy pilaf makes a flavorful, high-fiber side for your favorite chicken and salmon recipes.

Ingredients

- 1/4 cup golden raisins
- 1 large head cauliflower, separated into 1-inch florets
- 1/4 cup olive oil
- 1 medium onion, finely diced
- 1/3 cup sliced skin-on almonds or shelled pistachios
- 2 tablespoons drained capers
- 2 small cloves garlic, thinly sliced
- Zest of 1/2 lemon
- Pinch red pepper flakes
- Kosher salt
- 1/4 cup fresh parsley leaves, finely chopped



Directions

Soak the raisins in warm water until plump, about 15 minutes. Drain and set aside.

Meanwhile, trim the cauliflower florets, cutting away as much stem as possible. In three batches, break up the florets into a food processor and pulse until the texture resembles that of couscous.

Heat the oil in a large skillet over medium-high heat. At the first wisp of smoke from the oil, add the onions, and stir to coat. Continue cooking the onions, stirring frequently, until the edges are golden brown, and the onions have softened, about 6 minutes. Add the almonds, raisins, capers, garlic, lemon zest and red pepper flakes, and cook, stirring, until the almonds are golden, about 3 minutes.

Add the cauliflower to the skillet and stir to combine. Add 1 teaspoon salt, and continue to cook, stirring frequently, until the cauliflower has softened, 3 to 5 minutes.

Spoon the cauliflower into a large serving bowl, garnish with parsley and season to taste with salt. Serve warm.

Recipe Courtesy of [the Food Network](#)

Foot Facts

•Ticklish feet are a good sign! With almost 8,000 nerves, it's no wonder that feet win the award for "Most Ticklish Body Part." But don't lament the tickles—having ticklish feet means that all those nerves are firing correctly. Feet that don't respond to a soft tickle could indicate a problem like neuropathy, or damage to the nerves and tissue of the foot.

•Who holds the Guinness World Record for largest and smallest feet? Brahim Takioullah from Morocco comes in first place for the largest feet. At 1 foot 3 inches long, his feet require a European size 58—which can be pretty spendy, and impossible to find in a retail store. One cobbler quoted him more than \$5,000 for a custom pair of shoes. As for the smallest non-bound feet, the award goes to 19-year-old Jyoti Amge from Nagpur, India. Her tiny feet are just 3.72 inches long!

Trivia:

August 9th, 1930, is the birthdate of what cartoon character?

- A. Mickey Mouse
- B. Minnie Mouse
- C. Betty Boop
- D. Bullwinkle the Moose
- E. Yertle the Turtle

Answer C.

Betty Boop. Created by Max Fleischer and Grim Natwick in the 1930's, Betty Boop is one of the most famous cartoon characters to ever grace our screens. Her first appearance was on August 9th, 1930, on the popular Talkartoon cartoon series.



Visit our Website
MyTampaFoot.com

Patient Portal
 Please Register

Request an
 Appointment

Total Foot and Ankle of Tampa Bay

Zephyrhills Office
 6326 Fort King Rd
 Zephyrhills, FL 33542
 Ph: (813) 788-3600
 Fax: (813) 788-7010

**Apollo Beach/
 Riverview Office**
 St. Joseph's - South
 Baycare Outpatient Center
 10141 Big Bend Road
 Suite 207 Riverview FL 33578
 Ph: (813) 633-5900
 Fax: (813) 788-7010

Sun City Center Office
 936 Cypress Village
 Blvd. Suite B Sun City Center
 FL 33573 Ph: (813) 633-5900
 Fax: (813) 788-7010

Wesley Chapel Office
 2649 Windguard Circle
 Unit 101, Wesley Chapel
 FL 33544
 Ph: (813) 788-3600
 Fax: (813) 788-7010

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.



Meet our Doctors

<p>Robert J. Valins D.P.M.</p>	<p>Maria B. Walshe D.P.M.</p>	<p>Domenick A. Calise D.P.M.</p>	<p>Endri Afesllari D.P.M.</p>	<p>Bret Musser D.P.M.</p>