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Accepting New Patients

We are accepting new patients at all of our office locations!
If you have a foot or ankle problem, we are here to help!

We do TOTAL ANKLE REPLACEMENTS!

Minimal Incision Bunion Correction

Ask us about the latest treatment in bunion surgery - *minimally invasive bunionectomy*

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.

Get back on your feet again quickly!

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

**WELCOME TO OUR NEW DOCTOR
JOINING TOTAL FOOT AND ANKLE OF TAMPA BAY IN AUGUST!**



SALIL DESAI, D.P.M

Dr. Desai is currently a resident at the James A. Haley Veterans Hospital in Tampa, FL and is ecstatic to be joining the Total Foot and Ankle of Tampa Bay team after he completes his residency this summer. Born in Passaic, NJ but raised in Tampa, he is very excited to start working in the same town he grew up in.

He completed his undergraduate studies at the University of South Florida with a minor in Biomedical Physics and BS in Cell & Molecular Biology, before graduating from Temple University's School of Podiatric Medicine in 2020. He currently serves as the Chief Resident during his final year at the Tampa Veterans Hospital.

Dr. Desai's specialties include bunion surgery, foot reconstruction, ankle replacement, arthroscopic surgery, post-traumatic management, sports injuries, fractures, tendon injuries, wound care, and new advances such as minimally invasive surgery. He believes in building a strong interpersonal relationship with his patients by treating them respectfully and allowing them to be heard. With his patient-focused method, he is able to tailor a treatment that is specific to the goals of each individual patient.

He is fluent in English and Gujarati. His interests/hobbies include traveling with his fiancé, exercising, flag football, and bicycling. He also loves cooking and hanging out with family and friends.

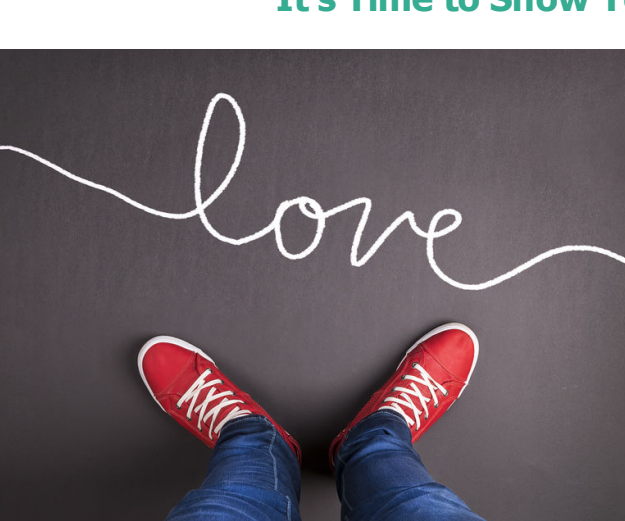
Prep Your Kids for Back to School and Fall Sports



During the dog days of summer, most children don't want to hear about returning to school, but wise parents know that some preparation now will ensure a smooth transition in the fall. For the podiatric health of your child or teen, you can take a few steps to prevent injuries and improve comfort when back-to-school time arrives.

[Read More Here](#)

It's Time to Show Your Feet Some Lovin'



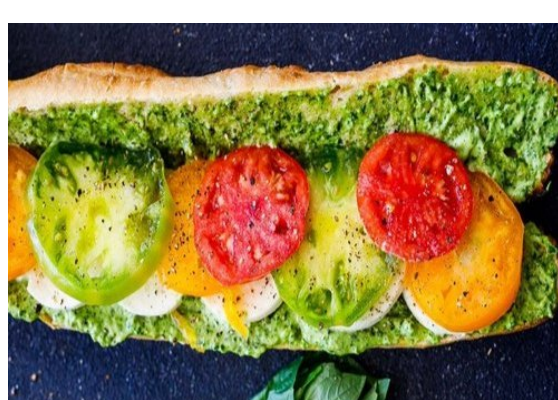
August 17th is National "I Love My Feet Day!" Your humble feet are pretty amazing structures. They contain nearly a quarter of all the bones in your body as well as 66 joints, 214 ligaments, and almost 40 muscles and tendons. In addition, your feet carry the weight of your entire body and accommodate several tons of force in just one average day of walking. Most importantly, they take you where you want to go.

[Read More Here](#)



**Recipe of the Month
Caprese Sandwich**

This Caprese sandwich is the perfect summer lunch. It's great made ahead of time or packed for picnic lunches on the go.



Ingredients:

- 1 baguette
- 3 - 4 tablespoons of pesto - store-bought
- 1/4 cup of mayo
- 3 - 4 ripe tomatoes, medium
- 1 - 2 large mozzarella balls, sliced
- 10 basil leaves
- Salt and pepper
- Drizzle olive oil
- Drizzle balsamic vinegar or balsamic glaze

Instructions:

1. Slice the baguette in half, lengthwise, leaving one side intact. Toast it a little if you like.
2. Mix the 1/4 cup of mayo and 3-4 tablespoons of pesto together. Slather over the insides of the baguette.
3. Layer with mozzarella and tomatoes. Season with salt and pepper.
4. Add fresh basil.
5. Drizzle with olive oil and balsamic vinegar or glaze.
6. Close the baguette and cut it into 5-6 pieces.
7. Tightly wrap any leftovers and keep them in the fridge for up to 2-3 days.

Recipe courtesy of feastingathome.com

**August Special Days
Mark Your Calendar!**

- August 3**
National Watermelon Day
- August 4**
U.S. Coast Guard Birthday
- August 21**
Senior Citizens Day
- August 31**
National Zoo Awareness Day

Trivia

Which U.S. President was the first president to issue a proclamation designating August 26th as "Women's Rights Day"?

- A. Richard Nixon
- B. Franklin D. Roosevelt
- C. Lyndon B. Johnson
- D. Jimmy Carter

Answer:
A. Richard Nixon

Joke

Why shouldn't you go into business with a watermelon?


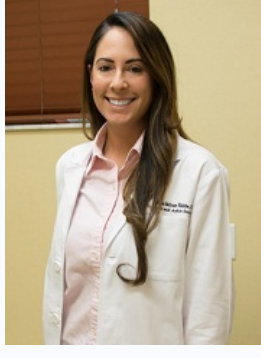
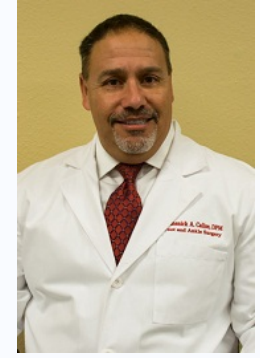
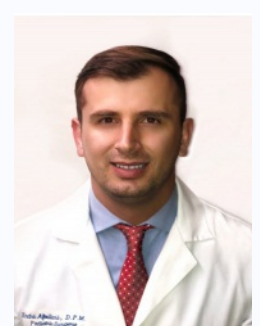


Answer:
They're seedy

August Fun Facts

- The sandwich was invented in August of 1762 when John Montagu, 4th Earl of Sandwich, requested 2 pieces of bread with meat inside.
- August is the month when most vegetables are ready to be harvested. Tomatoes, peppers, cucumbers, and peas are at their freshest and most bountiful in August.
- Two of America's most iconic superstars died in August. Actress Marilyn Monroe died on August 4, 1962, and Elvis Presley, the King of Rock and Roll, died on August 16, 1977.
- On August 17, 2008, American swimmer Michael Phelps became the first to win 8 gold medals in one Olympic Games.
- On August 28, 1963, Martin Luther King Jr. gave his "I Have a Dream" speech on the steps of the Lincoln Memorial in Washington, DC.
- August 26th is Women's Equality Day, which celebrates the 1920 ratification of the Nineteenth Amendment and women's right to vote in the United States.

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Meet Our Doctors

 Robert J. Valins, DPM	 Maria B. Walsh, DPM	 Domenick A. Calise, DPM
 Endri A. Fesllari, DPM	 Bret C. Musser, DPM	 Salil Desai, DPM

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