



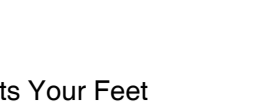
Call for an appointment today:
813-788-3600

Total Foot and Ankle of Tampa Bay

Robert J. Vallins, D.P.M. Domenick A. Calise, D.P.M.
Maria B. Walshe, D.P.M. Endri Afesllari, D.P.M.
Bret C. Musser, D.P.M.

NEWSLETTER

MARCH 2023



In This Issue...

- 3 Ways What You Eat Affects Your Feet
- Don't Fear Ingrown Toenail Treatment
- Recipe of the Month: Spinach and Feta Pita Bake

PLEASE NOTE OUR EXTENDED HOURS IN OUR RIVERVIEW LOCATION!

**WE ARE OPEN UNTIL 6PM ON
TUESDAYS TO MEET YOUR NEEDS**

**CALL FOR AN APPOINTMENT:
813-633-5900**

**Riverview Office
Baycare Outpatient Center
10141 Big Bend Road
Suite 209
Riverview, FLORIDA 33578**

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!**

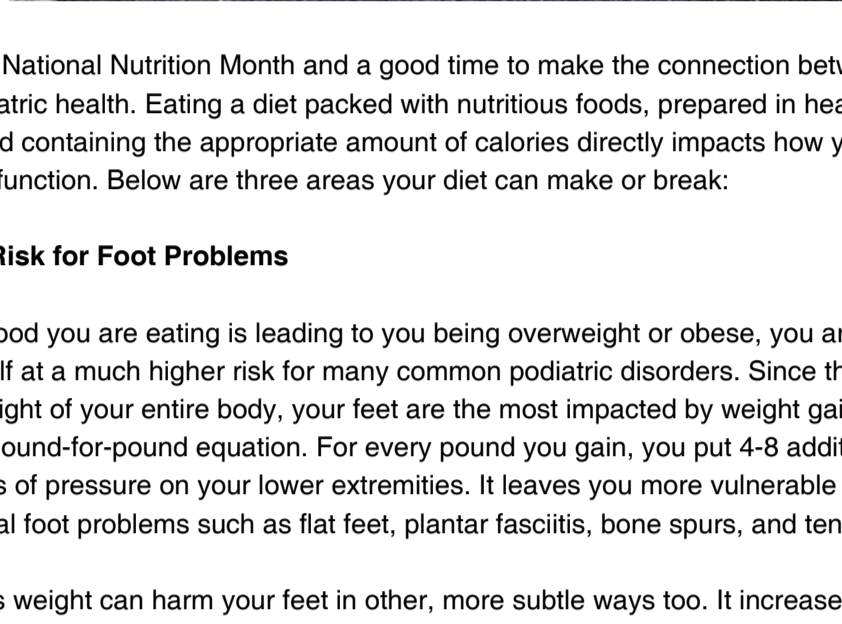
Ask us about the latest treatment
in bunion surgery -
minimally invasive bunionectomy!

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.

We will get you back on your feet again quickly!

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

3 Ways What You Eat Affects Your Feet



March is National Nutrition Month and a good time to make the connection between diet and podiatric health. Eating a diet packed with nutritious foods, prepared in healthy ways, and containing the appropriate amount of calories directly impacts how your feet feel and function. Below are three areas your diet can make or break:

1. Your Risk for Foot Problems

If the food you are eating is leading to you being overweight or obese, you are putting yourself at a much higher risk for many common podiatric disorders. Since they bear the weight of your entire body, your feet are the most impacted by weight gain. It's also not a pound-for-pound equation. For every pound you gain, you put 4-8 additional pounds of pressure on your lower extremities. It leaves you more vulnerable to physical foot problems such as flat feet, plantar fasciitis, bone spurs, and tendonitis.

Excess weight can harm your feet in other, more subtle ways too. It increases your risk for diabetes and heart disease. These conditions can cause poor circulation and diseases such as peripheral arterial disease and neuropathy that can lead to infections and wounds in your feet that are difficult to heal.

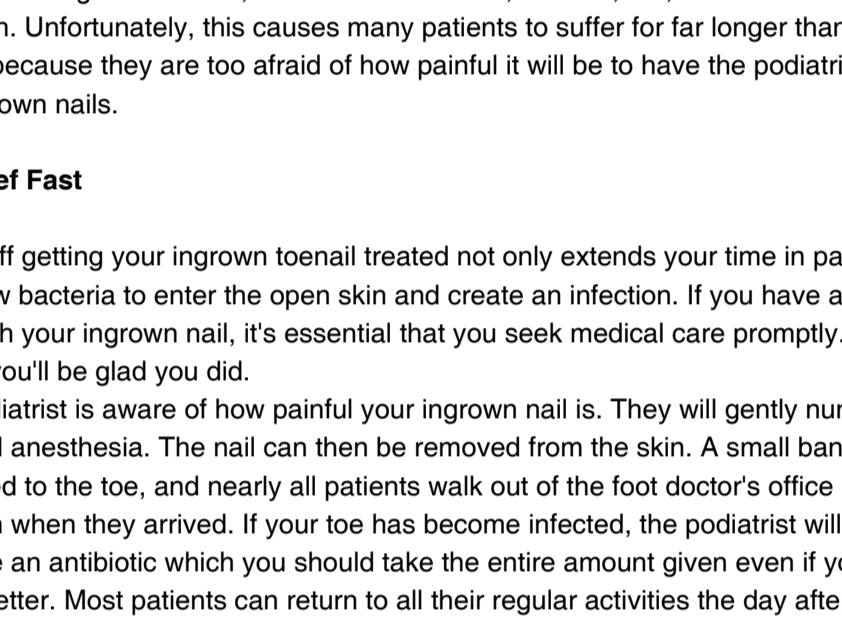
2. Bone Strength

Did you know that nearly a quarter of all the bones in your body are located in your feet? Tasked with the job of carrying all of your body weight, feet need to stay strong. Bone strength can be maintained and even increased by eating foods rich in calcium and vitamin D. If you're not a fan of dairy, explore other calcium-rich options such as chia and sunflower seeds, fortified orange juice, white beans, and dried figs.

3. Pain and Inflammation

These are the two primary sources of discomfort for many foot problems, from arthritis to heel pain to tendonitis and ball of foot pain. Food choices can increase or decrease inflammatory responses in the body. Avoid fried and processed foods and those high in added sugars, as these are known to trigger an inflammatory reaction. Eat more berries, green leafy vegetables, olive oil, nuts, fatty fish, and citrus fruit to reduce painful inflammation in your feet and the rest of your body.

Don't Fear Ingrown Toenail Treatment



Few podiatric conditions are as painful as an ingrown toenail. As the nail digs into the skin surrounding the nail bed, the toe becomes red, swollen, hot, and oh-so-sensitive to any touch. Unfortunately, this causes many patients to suffer for far longer than they need to because they are too afraid of how painful it will be to have the podiatrist treat their ingrown nails.

Get Relief Fast

Putting off getting your ingrown toenail treated not only extends your time in pain but can also allow bacteria to enter the open skin and create an infection. If you have a fever along with your ingrown nail, it's essential that you seek medical care promptly. Once you do, you'll be glad you did. Your podiatrist is aware of how painful your ingrown nail is. They will gently numb the toe with local anesthesia. The nail can then be removed from the skin. A small bandage will be applied to the toe, and nearly all patients walk out of the foot doctor's office in less pain than when they arrived. If your toe has become infected, the podiatrist will also prescribe an antibiotic which you should take the entire amount given even if your toe seems better. Most patients can return to all their regular activities the day after the procedure with little discomfort.

Preventing Ingrown Toenails

Some people have a genetic predisposition for ingrown toenails and will get them repeatedly. If you fall into this category, the foot doctor may consider performing a minor, in-office surgical procedure that removes part or all of the nail's root to prevent it from re-growing.

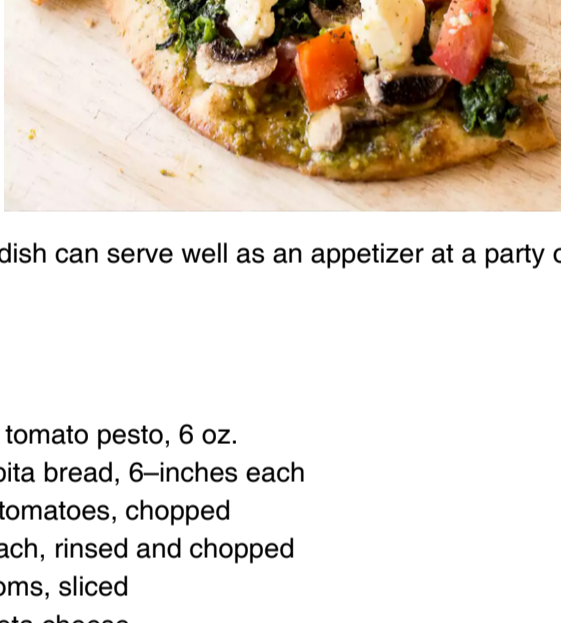
Lower your risk of getting an ingrown toenail with the following suggestions:

- Don't cut toenails too short. You should be able to get your fingernail under the front and sides of your trimmed toenails.
- Cut nails straight across, and don't file the edges in a rounded shape.
- Avoid tight socks and narrow shoes that force toes up against each other.
- Don't play foot doctor; try to prevent ingrown nails with folk remedies such as cutting a notch in the toe or sticking cotton between the nail and nail bed. Not only will these not stop an ingrown toenail from happening, but they will also likely result in injury and infection to your foot.

If you believe you have an ingrown toenail, contact your podiatrist for an appointment today.

Happy St. Patrick's Day

Recipe of the Month Spinach and Feta Pita Bake



This quick and easy dish can serve well as an appetizer at a party or a meal around the table.

Ingredients:

- 1 tub sun-dried tomato pesto, 6 oz.
- 6 whole wheat pita bread, 6-inches each
- 2 Roma (plum) tomatoes, chopped
- 1 bunch of spinach, rinsed and chopped
- 4 fresh mushrooms, sliced
- ½ c. crumbled feta cheese
- 2 Tbsp. grated parmesan cheese
- 3 Tbsp. olive oil
- (optional) ground black pepper

Preparation:

Preheat oven to 350 degrees F.

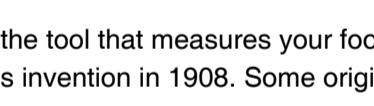
Spread tomato pesto onto one side of each pita bread and place on a baking sheet, pesto-side up.

Top pitas with tomatoes, spinach, mushrooms, feta, and parmesan cheese. Drizzle with olive oil. Season with pepper (if desired).

Bake for about 12 minutes or until pitas are crisp. Cut into quarters before serving.

Recipe Courtesy of Allrecipes.com

Help Us Grow



March Fun Facts

- The Brannock device, the tool that measures your foot in shoe stores, hasn't changed much since its invention in 1908. Some original samples are housed in the Smithsonian Museum.
- March is the time of year when animals start waking up from hibernation.
- The Eiffel Tower was ascended for the first time. Eiffel himself led a group of government officials and members of the press to the top. The elevators were not in operation yet, so the journey was made on foot and took over an hour.
- March babies are spoiled with two birthstones: aquamarine and bloodstone, which symbolize courage.

March Special Days - Mark Your Calendar!

March 12 – Daylight Savings Time Begins

March 13 - National K9 Veterans Day

March 17 - St. Patrick's Day

March 20 – Spring Begins

March 27 – World Theatre Day

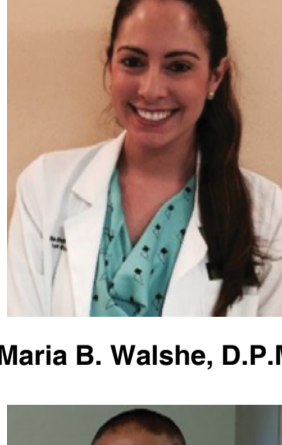
Trivia

The Ides of March is a famous day. What day is it?

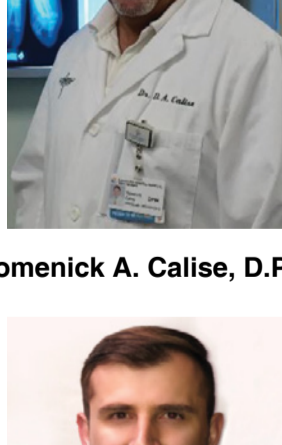
- A. 3rd
- B. 5th
- C. 15th
- D. 31st

Answer: C

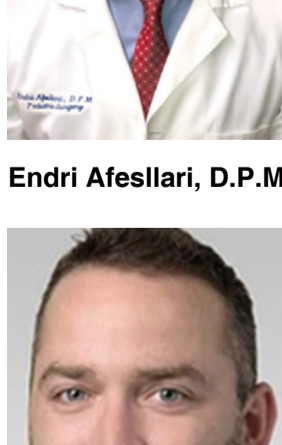
Meet Our Doctors



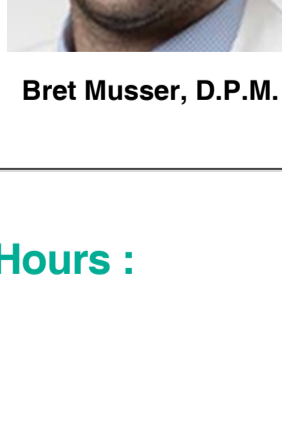
Robert J. Vallins, D.P.M.



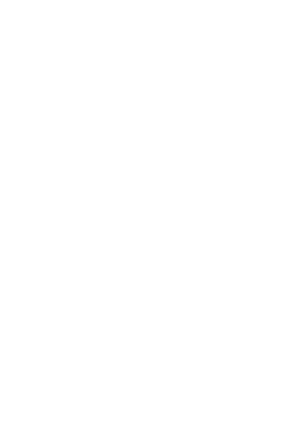
Maria B. Walshe, D.P.M.



Domenick A. Calise, D.P.M.



Endri Afesllari, D.P.M.



Bret Musser, D.P.M.

Our Office & Office Hours :

Zephyrhills Office
936 Cypress Village
Zephyrhills, FL 33542
Ph: (813) 788-3600
Fax: (813) 788-7010

Office Hours:

Monday:
9:00 AM - 5:00 PM

Tuesday:
9:00 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

www.mytampafoot.com

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.

