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**PLEASE NOTE**

We have extended hours in our Riverview location!  
We are open until 6pm on Tuesday to meet your needs

Call for an appointment:  
813.633.5900

**Riverview Office**  
Baycare Outpatient Center  
10141 Big Bend Road  
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Riverview, FL 33578

We are accepting new patients in all of our offices!

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

**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 for 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.

**Mother's Day Sale**

On Mother's Day, we celebrate moms and everything they do!



**SHOE SALE AT TOTAL FOOT AND ANKLE OF TAMPA BAY**

**20% DISCOUNT**

Order your shoes now!

Sale ends June 2, 2023

813-788-3600

*\*insurance does not apply*

**5 Tips for Avoiding Fungal Foot Infections**



As summer gets closer, there are more opportunities to kick off your shoes and go barefoot but consider the possible consequences before you do. The vast majority of foot infections, including athlete's foot, toenail fungus, and warts, are transmitted by direct contact. That means walking barefoot will greatly increase your chances of getting one of these annoying - and sometimes challenging to get rid of - infections.

[Read More Here](#)

**Do's and Don'ts for Protecting Your Joint Health**



May is Arthritis Awareness Month. It's estimated that nearly 91 million Americans suffer from arthritis. While many people associate arthritis with "old age," the term covers more than 100 diagnoses involving joint pain and disease. There are some risk factors for arthritis that you can't control, including:

[Read More Here](#)



**Recipe of the Month**

**French Potato Salad**

This No-Mayo French Potato Salad is perfect for potlucks and outdoor dining.



**Ingredients:**

**Dressing**

- 1/4 cup extra virgin olive oil
- 3 Tbsp grainy Dijon mustard
- 2 Tbsp Sherry vinegar
- 1 shallot, finely minced
- 2 cloves garlic, minced very fine
- pinch of salt to taste

**Salad**

- Salt
- 2 lbs small fingerling potatoes (use another new or baby potato if you like)
- 1/3 - 1/2 lb green beans, trimmed and cut in half
- 1/2 cup finely chopped fresh parsley
- 2 tsp fresh thyme leaves, or more to taste
- 1/4 red onion, slivered
- Freshly cracked black pepper to taste

**Instructions:**

**Dressing**

- Whisk all the ingredients together vigorously until they emulsify into a thick dressing. Taste to adjust any of the elements to your liking.

**Salad**

- Put the **potatoes** in a large pot and cover them with 2 inches of cold water. Add a tablespoon of **salt** to the water. Bring to a boil, turn down the heat, and boil gently until the potatoes are tender. To check them, insert the tip of a sharp knife into a potato - it should glide in easily. Add the **green beans** to the pot and cook for another minute or two.
- Drain the potatoes and beans. While they are hot, slice the potatoes in half lengthwise. If your potatoes are large, you can slice them into smaller pieces.
- Put the potatoes and beans into a large bowl and toss gently with some of the **dressing** while everything is still hot. The potatoes will absorb the dressing and its flavors this way.
- When the potatoes have cooled, toss them with the **herbs** and **onions**. Add more dressing at this time if needed. Chill the salad before serving it with a grinding of fresh **black pepper**.

*Recipe and photo courtesy of [The View from Great Island](#)*

**May Special Days Mark Your Calendar!**

**May 5th**  
Cinco de Mayo

**May 6th**  
Kentucky Derby

**May 14th**  
Mother's Day

**May 20th**  
Armed Forces Day

**May 29th**  
Memorial Day

**Trivia**

How old is the Kentucky Derby?

A. 153 Years Old

B. 147 Years Old

C. 75 Years Old

D. 101 Years Old

*Answer: B*

**May Fun Facts**

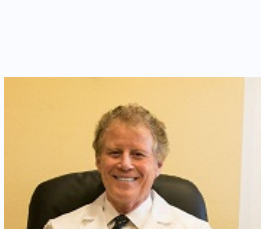
- *Cinco de Mayo* is a yearly celebration held on May 5th, commemorating the anniversary of Mexico's victory over the Second French Empire at the Battle of Puebla during the Franco-Mexican War.
- Blue jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20.
- The Empire State Building opened on May 1st, 1931.
- On May 20th, 1932, Amelia Earhart flew across the Atlantic Ocean, marking the first solo flight by a woman.
- Mother's Day in the U.S. was established on May 12th, 1907, to honor mothers and the sacrifices they made for their children. In 1914, President Woodrow Wilson officially proclaimed the 2nd Sunday in May as Mother's Day.
- Memorial Day is observed on the **last Monday of May** to honor the men and women who have died while serving in the military. It was formerly known as Decoration Day.

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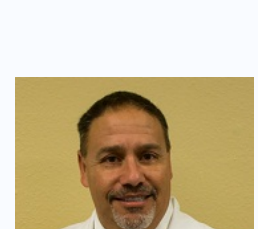
**Meet Our Doctors**



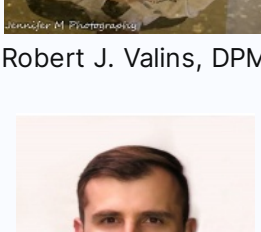
Robert J. Valins, DPM



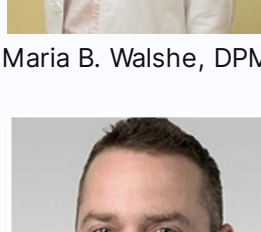
Maria B. Walshe, DPM



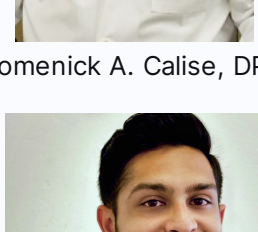
Domenick A. Calise, DPM



Endri AFesllari, DPM



Bret C. Musser, DPM



Salil Desai, DPM

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Sun City Center , FL 33573

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