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# Total Foot and Ankle of Tampa Bay

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NEWSLETTER

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www.mytampafoot.com

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**Office Hours:**  
Monday:  
9:00 AM - 3:30 PM  
Wednesday:  
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**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**

## Men's Foot Health: 3 Top Problems

This may be a generalization, but many men tend to ignore health issues. This is especially true of their feet. Men often deny that they have anything going on with their feet until they are virtually limping with foot, heel or ankle pain.

Here are the signs and symptoms of 3 of the most common foot problems that men suffer from – and all too often ignore.



1. **Heel pain.** Heel pain is often an overuse injury caused by inflammation of the plantar fascia. Plantar fasciitis may result from standing for long periods of time on hard surfaces; running on hard pavement; being overweight; wearing shoes with inadequate support. The pain will probably be worst first thing in the morning when you get up. Wearing custom-fitted orthotics can help distribute the pressure on your feet more evenly. A night splint can keep the plantar fascia stretched, as can physical therapy exercises. If these conservative methods don't work, a steroid shot can provide temporary relief.

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## ...continued from page 1 **Men's Foot Health: 3 Top....**

- Pain in the big toe.** If you notice a bony bump forming at the base of your big toe, you probably have a bunion. This painful joint swelling causes the toe to push against the others and can make wearing shoes uncomfortable. Bunions often run in families or can develop from arthritis or from wearing tight, narrow shoes. Icing and pain relievers can help ease the pain of a bunion, as can a cortisone injection. Switch to shoes with wide toe boxes. Prescription orthotics and padded shoe inserts can help redistribute pressure. Surgery may be required for a bunion that causes frequent pain and interferes with your daily activities.
- Achilles tendonitis.** Your Achilles tendon is the largest in your body and connects the calf muscle to the heel. This overuse injury most commonly appears in runners or other athletes who suddenly increase the duration or intensity of a workout. You'll feel a mild ache at the back of the leg as well as some stiffness. Pain medications can help as well as stretching and strengthening the area with physical therapy. Custom orthotics can relieve the tendon strain and cushion the area. Surgery may be the only solution for persistent cases.

Guys – our best advice is **foot pain is not normal!** You do not have to live with foot or heel pain. We have many innovative technologies to resolve your pain and get you back on your feet again.

## Celebrate National Safety Month by Eliminating Tripping Hazards in the Home

June is a busy month with Father's Day, weddings and graduations. Another important observance in June is National Safety Month as sponsored by the National Safety Council (NSC). This important tradition focuses on eliminating the leading causes of injury and death at work, at home, in our communities and on the road.

An important emphasis for the NSC this year is slips, trips and falls. Every year, millions of Americans fall in their homes. The sad part of this amazing statistic is that most of these falls are **preventable**.



If you like to tackle DIY projects at home, avoid those that are risky such as installing gutters or fixing chimneys. Leave these to the professionals. For other jobs:

- Use the right tool for the job.
- Practice ladder safety with these [tips](#) from the NSC.
- Keep your work area clear and clean up spills right away.
- Follow safety precautions for each piece of equipment.

### Make Your Home "Fall-Proof" for Older Adults

Falls are the #1 cause of accidental death for the elderly. It's easy to "fall-proof" your home for those over age 65:

- Remove tripping hazards like scatter rugs and power and phone cords.
- Keep all floors clear of clutter.
- Add grab rails and a higher toilet seat in the bathroom.
- Install handrails and good lighting on stairways, both inside and out.
- Make sure that your loved one wears sensible shoes with rubber soles.
- Arrange the furniture to create open pathways.
- Eliminate unstable chairs and other furniture.

Learn more about making your home safe at this [NSC website](#).

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### Celebrity Foot Focus

Antonio Gates, a football star who has appeared in 8 Pro Bowl Games, and Albert Pujols, first basemen with the Los Angeles Angels, both suffer from chronic plantar fasciitis.

## Packing for a Trip? Don't Forget a Travel Foot Care Kit

Speaking of graduations and weddings, are you planning a trip in the near future? Are you googling all sorts of exotic vacation spots for your next getaway?

Those who travel frequently have a secret weapon to help with packing – a permanent packing list stored as an Excel spreadsheet or a Google Doc! This handy list makes it easy to sort out what you'll need for each excursion. Include all your standard travel essentials, and then add in destination-specific items like your passport, power adapters and guidebooks as needed.



### Don't Forget a Travel Foot Care Kit!

One necessity for your packing list is a travel foot care kit. Whether you will be hiking, running, biking or just strolling, you want to keep your feet in tip-top condition so you can enjoy your trip and not suffer from foot pain.

Purchase a small, zippered pouch and tuck these items in to help you deal with minor foot problems on the road:

- Pedicure tools including clippers and an emery board.
- Foot cream or lotion to keep your skin supple and smooth.
- Sunscreen to help protect your feet and ankles.
- Antibiotic ointment for minor blisters, along with blister pads or moleskin for cushioning.
- Anti-fungal cream to help temporarily relieve the itch of athlete's foot.
- Adhesive bandages for minor cuts and scrapes.

If you notice any signs of infection or have severe or persistent toe, heel or ankle pain, it's time to get the help of a professional. Seek medical care from a qualified foot doctor, especially if wearing shoes becomes painful.

## Recipe of the Month

### Chipotle-Mango BBQ Chicken

A Chipotle-Mango flavored marinade packs a punch in this grilled chicken recipe, perfect for grilling season. This BBQ dish is savory, sweet and screams summer!

#### Ingredients

- 1 1/2 cups mango, peeled, pitted and roughly chopped
- 3/4 cup fresh cilantro (loose pack, not chopped, stems and all)
- 2 tablespoons fresh lemon juice
- 2 tablespoons unseasoned rice wine vinegar
- 1 tablespoon canola oil, plus extra for grill
- 4 cloves garlic, peeled
- 2 chipotle peppers in adobo, plus 1 tablespoon adobo sauce
- 2 teaspoons kosher salt
- 1 teaspoon freshly cracked black pepper
- 2 pounds chicken thighs and drumsticks, bone in, skin on



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## History FootNote

President Abraham Lincoln's trusted foot doctor, Isachar Zacharie, not only soothed the President's size 14 feet but also took on some diplomacy missions during the Civil War.

## Foot Funnies



What did the podiatrist advise the gingerbread man with a sore foot? Try icing it.

## Trivia

What was put on sale for the first time in May of 1886?

- United States Savings Bonds
- Coca-Cola
- Hot Dogs
- Ice cream cones
- Mother's Day Cards

Answer B.

Coca Cola was created in Atlanta, Georgia, on May 8, 1886.

Dr. John Stith Pemberton, a local pharmacist, produced the syrup for Coca-Cola. It was put on sale at the nearby Jacobs' Pharmacy for five cents a glass as a soda fountain drink.



## Directions

1. Put the mango, cilantro, lemon juice, vinegar, oil, garlic, chipotle, salt and pepper in a food processor and puree until smooth. Adjust seasonings to taste.
2. Add the chicken with half of the chipotle-mango sauce to a resealable plastic bag, and massage to coat the chicken with the sauce. Refrigerate at least 6 hours to marinate.
3. Put the other half of the chipotle-mango sauce into a small saucepan and simmer over low heat until thick, stirring often, about 15 minutes. Set some of the simmered sauce aside to serve on the side, and baste the chicken every few minutes with the rest of the sauce.
4. Preheat a grill or grill pan to medium-high heat and brush with oil. Remove the chicken from the marinade and put on the grill.
5. Grill the chicken, turning and basting about every 5 minutes, until cooked through, 20 to 25 minutes. Transfer to a serving platter and serve with the reserved chipotle-mango sauce.

Recipe courtesy of Guy Fieri



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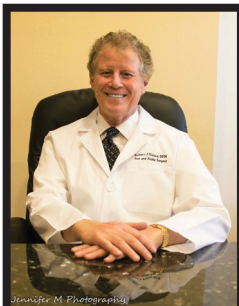
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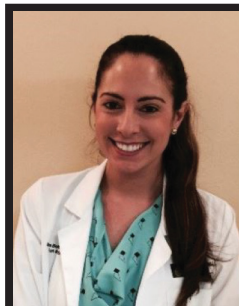
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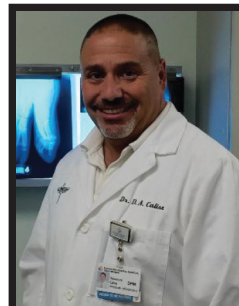
## Meet our Doctors



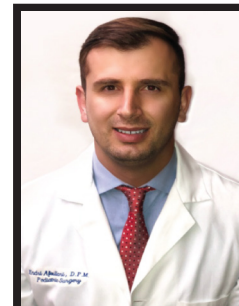
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