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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

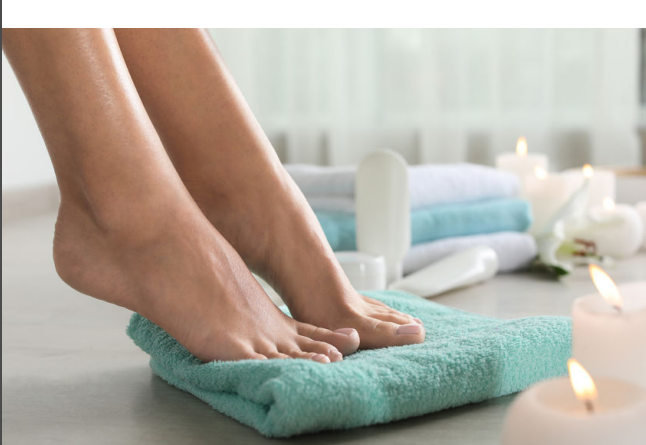
Ask us about the latest treatment in bunion surgery - *minimally invasive bunionectomy*

This is a game changer for the treatment 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.

Foot Care 101



In October, we celebrate International Podiatry Day. Your feet are amazing structures! They consist of 52 bones-- nearly a quarter of all the bones in your body, 60 joints, and over 200 muscles, ligaments, and tendons. Most people walk 2.5 to 5 miles daily and over 100,000 miles in a lifetime. Often, however, feet are overlooked when it comes to care. Foot care isn't always difficult; sometimes, the best podiatric care doesn't even start with your feet.

[Read More Here](#)

Help for Heel Pain



One of the most common complaints heard in podiatrists' offices is, "My heel hurts."

Heel pain can have several different causes:

- Sports or overuse injury
- Trauma due to a fall or accident
- Disease or other medical condition
- Obesity

[Read More Here](#)



**Recipe of the Month
Apple Cinnamon Bread**

Anyone who tries this apple cinnamon bread will be thrilled. It has a hearty texture and sweet, home-baked flavor, but none of the fat and calories.



Ingredients:

- 3 cups all-purpose flour
- 1-1/2 cups sugar
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- Two large eggs, room temperature
- 1/2 cup unsweetened applesauce
- 1/3 cup canola oil
- One teaspoon of vanilla extract
- 3 cups chopped peeled tart apples

toppings:

- 1/2 cup all-purpose flour
- 1/2 cup sugar
- Two tablespoons chopped walnuts
- 1/3 cup cold butter

Instructions:

1. Preheat oven to 350°. In a large bowl, combine the first six ingredients. In another bowl, whisk eggs, applesauce, oil, and vanilla. Stir into dry ingredients just until moistened. Fold in apples. Transfer to 2 greased 8x4-in loaf pans.
2. For the topping, combine flour, sugar, and walnuts; cut into butter until crumbly. Sprinkle over batter.
3. Bake until a toothpick inserted in the center comes out clean, 45-55 minutes. Cool for 10 minutes before removing from pans to wire racks.

Recipe courtesy of www.tasteofhome.com


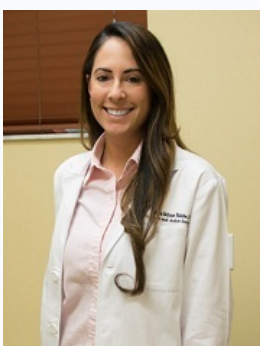

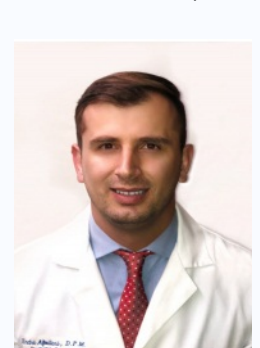


<p>October Special Days Mark Your Calendar!</p> <p>October 9 Columbus Day and Indigenous Peoples' Day</p> <p>October 21 National Apple Day</p> <p>October 26 National Pumpkin Day</p> <p>October 28 National First Responders Day</p> <p>October 29 National Cat Day</p> <p>October 31 Halloween</p>	<p>Trivia True or False</p> <p>A pumpkin is a vegetable.</p> <p style="text-align: right;"><i>Answer:</i> False. A pumpkin is a fruit.</p> <p>Joke</p> <p>What was Humpty Dumpty's favorite month?</p> <p style="text-align: right;"><i>Answer:</i> October, because he had a great fall.</p>
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October Fun Facts

- October is Breast Cancer Awareness Month, an annual campaign to raise awareness for this complex disease and fund research to better understand its origins and successful treatment options. Since 1985, individuals, businesses, and communities have come together every October to show their support for the many people affected by breast cancer.
- October is the best harvesting month for many crops, including apples, carrots, corn, grapes, onions, potatoes, squash, and pumpkins.
- The World Series of Major League Baseball always starts in October. The first World Series occurred on October 1st, 1903, with the Boston Americans, also known as the Boston Red Sox, winning it all.
- October is the spookiest month of the year and is a lead-up to the granddaddy of spooky days, All Hallows Eve, aka Halloween, on October 31st.
- The Great Chicago Fire occurred on October 8th, 1871, destroying the city and leaving 100,000 people homeless.
- In October 1886, France gifted the US with the iconic Statue of Liberty.

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[Our Patient Portal](#)

Meet Our Doctors

 Robert J. Valins, DPM	 Maria B. Walshe, DPM	 Domenick A. Callise, DPM
 Endri A. Feslari, DPM	 Bret C. Musser, DPM	 Saill Desal, DPM

Our Offices

<p>Zephyrhills 6326 Fort King Road Zephyrhills , FL 33542</p>	<p>Sun City Center 936 Cypress Village Blvd. Suite B Sun City Center , FL 33573</p>	<p>Wesley Chapel 2336 Crestover Lane Suite 102 Wesley Chapel, FL 33544</p>
<p>Apollo Beach/Riverview Baycare Outpatient Center 10141 Big Bend Road Suite 209 Riverview , FL 33578</p>	<p>Valrico/Bloomington Baycare/Bloomington HealthHub 2470 Bloomington Ave Suite 210 Valrico 33596</p>	<p>Click Here for Hours</p>

Need More info? [CONTACT US →](#)


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