



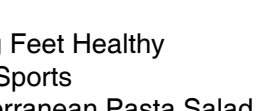
Call for an appointment today:  
813-788-3600

## Total Foot and Ankle of Tampa Bay

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NEWSLETTER

APRIL 2023



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### PLEASE NOTE OUR EXTENDED HOURS IN OUR RIVERVIEW LOCATION!

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

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Baycare Outpatient Center  
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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**

**We are offering  
minimal incision bunion correction!**

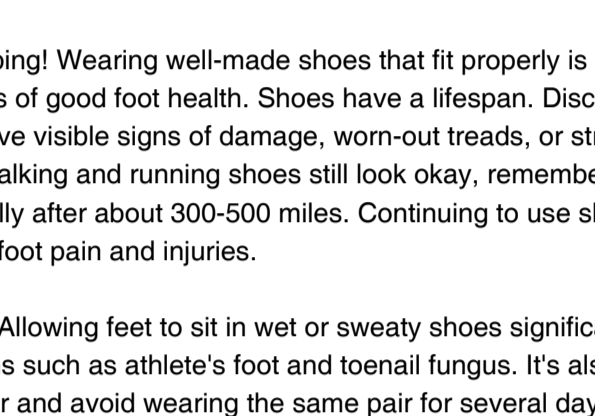
Ask us about the latest treatment  
in bunion surgery -  
minimally invasive bunionectomy!

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**

### Do's and Don'ts for Keeping Feet Healthy



April is Foot Health Awareness Month. Most of us take our feet for granted until they hurt or have another issue that prevents them from functioning properly. Healthy feet are essential for standing, walking, and other daily activities. Taking good care of your feet isn't hard. Below are some do's and don'ts to help you improve your foot health.

**Do:** Stick to a basic foot care routine. Wash feet daily with soap and water and dry thoroughly. Apply foot powder in the morning and a rich moisturizer at night right before bed.

**Do:** Examine your feet regularly. Nearly all foot disorders are best treated in their earliest stages. All pain, unusual sensations (such as burning or tingling), and any changes in the appearance of the foot, skin, or toenails should be reported promptly to your podiatrist.

**Don't:** Cut toenails too short. Avoid rounding the edges as well. Improper trimming is the primary cause of ingrown toenails.

**Do:** Go shoe shopping! Wearing well-made shoes that fit properly is one of the most important predictors of good foot health. Shoes have a lifespan. Discard any shoes that hurt your feet or have visible signs of damage, worn-out treads, or stretched-out heel counters. Even if walking and running shoes still look okay, remember that they begin to break down internally after about 300-500 miles. Continuing to use shoes past their prime can result in foot pain and injuries.

**Do:** Keep feet dry. Allowing feet to sit in wet or sweaty shoes significantly increases your risk of foot infections such as athlete's foot and toenail fungus. It's also a good idea to rotate your footwear and avoid wearing the same pair for several days to give shoes a chance to air out.

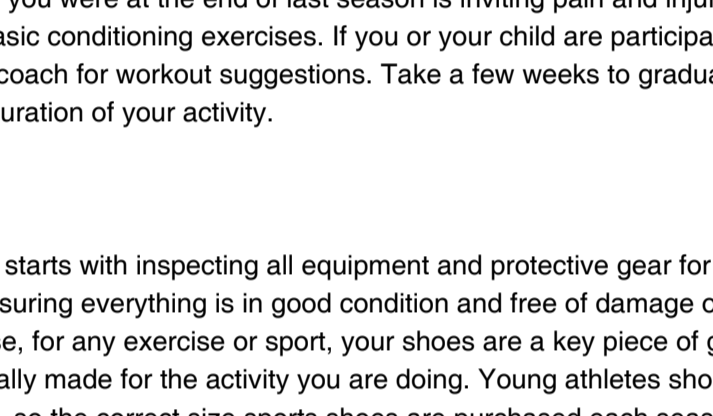
**Don't:** Perform any "bathroom surgeries" on your feet. Trying to cut out an ingrown toenail or shave off a callus is a surefire shortcut to a foot injury and infection. Ditto for following folk remedies such as sticking a wad of cotton between nail and nail bed or using harsh, over-the-counter products to remove warts. Leave the care of your feet in the hands of professionals! Your podiatrist is a highly trained specialist who has spent many years in school and completed extensive medical training.

### Are You Experiencing Leg Pain?



Do you feel the need to rest frequently during your walking? You might be experiencing peripheral arterial disease symptoms-PAD. We can now offer you convenient testing in the office. Call our office to ask us about this noninvasive test.

### Spring Into Warm Weather Sports



For weekend warriors and young athletes, spring sports are about to start up. To ensure an injury-free season and a high performance on the field, track, or court, it's necessary to do some advanced preparation.

#### From Couch to Conditioning

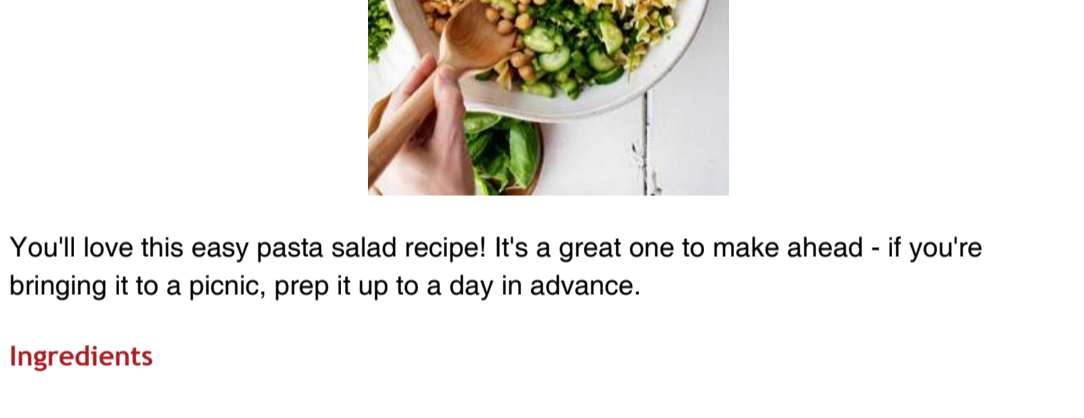
If you have been less active during the winter months, it's essential that you begin increasing your physical activity level. Expecting to jump back into your spring sport at the same level you were at the end of last season is inviting pain and injury. Start with walking and basic conditioning exercises. If you or your child are participating in a team sport, ask the coach for workout suggestions. Take a few weeks to gradually build up the intensity and duration of your activity.

#### Gear Check

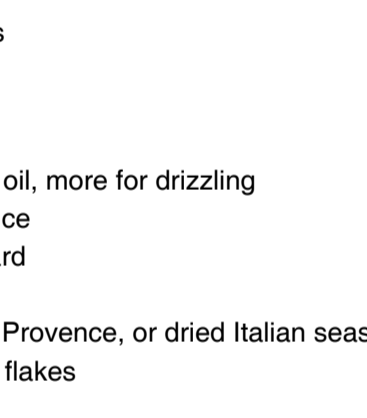
A safe season starts with inspecting all equipment and protective gear for your sport or activity and ensuring everything is in good condition and free of damage or excessive wear. Of course, for any exercise or sport, your shoes are a key piece of gear. Buy shoes specifically made for the activity you are doing. Young athletes should get their feet measured, so the correct size sports shoes are purchased each season. Don't use hand-me-downs or secondhand sports shoes—they conform to the foot of the original owner and may cause pain or injury to a new user.

#### Ask the Podiatrist

The start of a new sports season is also an excellent time to schedule a checkup with your podiatrist, especially if you have had a foot injury in the past or are currently dealing with a chronic disorder such as plantar fasciitis or Achilles tendonitis. The foot doctor will examine your feet and assess any current conditions. Your podiatrist can make recommendations regarding sports footwear and modifications you may want to consider for your exercise routine that will decrease the risk of injury, protect vulnerable areas of your feet and improve your game.



### Recipe of the Month Mediterranean Pasta Salad



You'll love this easy pasta salad recipe! It's a great one to make ahead - if you're bringing it to a picnic, prep it up to a day in advance.

#### Ingredients

- 3 cups uncooked fusilli pasta
- 2 heaping cups of halved cherry tomatoes
- 1 ½ cups cooked chickpeas, drained and rinsed
- 2 cups arugula
- 1 cup Persian cucumbers, sliced into thin half moons
- 1 cup crumbled feta cheese
- 1 cup basil leaves, torn
- ½ cup minced parsley
- ½ cup chopped mint
- ¼ cup toasted pine nuts

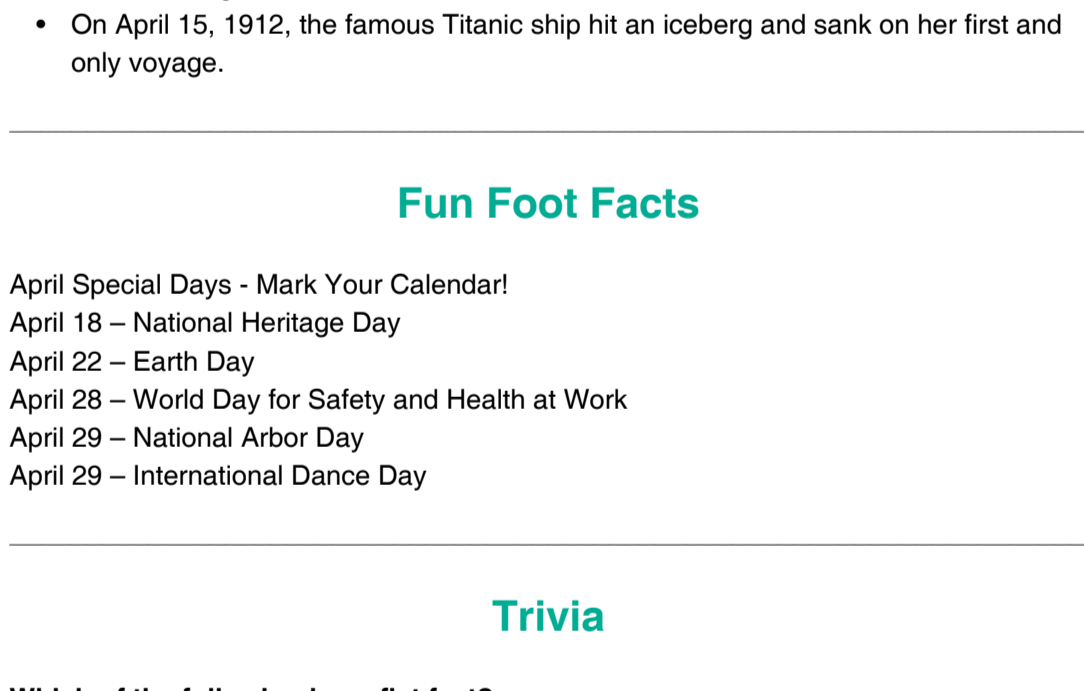
#### Dressing

- ¼ cup extra-virgin olive oil, more for drizzling
- 3 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 3 garlic cloves, minced
- 1 teaspoon of herbs de Provence, or dried Italian seasoning
- ¼ teaspoon red pepper flakes
- ¾ teaspoon sea salt

#### Instructions

1. Bring a large pot of salted water to a boil. Prepare the pasta according to the package directions, or until slightly past al dente.
2. Meanwhile, make the dressing. In a small bowl, whisk together the olive oil, lemon juice, mustard, garlic, herbs de Provence, red pepper flakes, and salt. (Note: the dressing will have a strong flavor. It'll mellow once it coats all of the pasta salad ingredients).
3. Drain the pasta, toss it with a little olive oil (so that it doesn't stick together), and let it cool to room temp. Transfer to a large bowl with the tomatoes, chickpeas, arugula, cucumbers, feta cheese, basil, parsley, mint, and pine nuts. Pour the dressing and toss to coat. Season to taste with more lemon, salt, pepper, and/or a drizzle of olive oil, if desired, and serve.

Recipe and photo courtesy of [loveandlemons.com/pasta-salad](http://loveandlemons.com/pasta-salad)



### April Fun Facts

- April also had 29 days, but a 30th day was added when Julius Caesar established the Julian calendar.
- In the Southern Hemisphere, April is the seasonal equivalent of October.
- For all the car enthusiasts out there, Ford unveiled their first Mustang on April 17, 1964, costing \$2,368.
- On April 15, 1912, the famous Titanic ship hit an iceberg and sank on her first and only voyage.

### Fun Foot Facts

April Special Days - Mark Your Calendar!

- April 18 – National Heritage Day
- April 22 – Earth Day
- April 28 – World Day for Safety and Health at Work
- April 29 – National Arbor Day
- April 29 – International Dance Day

### Trivia

Which of the following have flat feet?

- A. Ballerinas
- B. Football players
- C. Babies
- D. Law enforcement officers

Answer: C

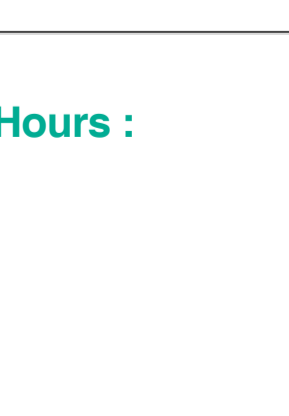
### Meet Our Doctors



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### Our Office & Office Hours :

**Zephyrhills Office**  
6326 Fort King Rd  
Zephyrhills, FL 33542  
Ph: (813) 788-3600  
Fax: (813) 788-7010

#### Office Hours:

Monday:  
9:00 AM - 5:00 PM  
Tuesday:  
8:00 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  
Bld. Suite B Sun City Center  
FL 33573 Ph: (813) 633-5900  
Fax: (813) 788-7010

#### Office Hours:

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9:00 AM - 4:00 PM  
Tuesday:  
2:00 AM - 6:00 PM

Wednesday:  
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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

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