



Call for an appointment today:
813-788-3600

Total Foot and Ankle of Tampa Bay

Robert J. Valins, D.P.M.
Maria B. Walshe, D.P.M.

Harris E. Kaplan, D.P.M.
Domenick A. Calise, D.P.M.

NEWSLETTER

NOVEMBER 2015

www.mytampafoot.com

Page 1

November 2015, Vol 1

In This Issue...

- ✓ Top 10 Foot Care Tips for those Living with Diabetes
- ✓ Healthy Food Choices for Diabetes
- ✓ Don't Tolerate the Pain of Corns and Calluses
- ✓ Step Forward & Walk with Confidence
- ✓ Recipe of the Month

Top 10 Foot Care Tips for those Living with Diabetes

Individuals with diabetes often suffer from foot problems because of reduced blood flow to the legs and nerve damage that cause diminished sensation in the feet. In extreme cases the foot or limb may have to be amputated, although amputations due to diabetes are much less frequent today than in the past.

Here are some valuable tips on how patients with diabetes can keep feet healthy:



- **Manage your diabetes.** Follow your doctor's treatment plan to reduce the risk of complications.
- **Get a checkup.** Visit your foot doctor at least once a year for a complete foot exam.
- **Treat your feet well.** Wash feet daily in warm soapy water and dry carefully, especially between the toes. Apply a soothing moisturizer.
- **Inspect feet every day.** Check tops, bottoms and toes. Look for any bruises, cuts, blisters and nail problems and take care of them.
- **Keep feet dry.** Change socks or shoes if they become damp or wet.
- **Don't go barefoot.** Always wear shoes to protect your feet from injury and avoid flimsy footwear like flip flops.
- **Wear proper-fitting shoes.** Choose shoes with good support that don't rub any part of your feet. We would be happy to recommend the best shoes for your condition.
- **Wear socks.** Keep feet warm with comfortable socks that aren't too loose. Seamless socks are a good idea.
- **Keep moving.** Aerobic exercise can benefit your whole body, lower blood glucose and improve circulation.
- **Elevate feet.** Keep feet and legs up while relaxing help blood flow to the feet.

If you or a loved one has diabetes, call us to schedule a complete foot exam. It's an important part of managing your health with diabetes.

[Request an Appointment](#)

Our Offices

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

Monday-Friday:
09:00 AM - 05:00 PM

Sun City Center Office
936 Cypress Village
Blvd. Suite B Sun City Center
FL 33573 Ph: (813) 633-5900
Fax: (813) 788-7010

Mondays:
08:00 AM - 04:00 PM
Thursdays:
08:00 AM - 03:00 PM

Wesley Chapel Office
Florida Hospital Wellness
Plaza 2700 Healing Way,
Suite 308 Wesley Chapel
Florida 33544
Ph: (813) 788-3600
Fax: (813) 788-7010

Tuesdays:
09:00 AM - 04:00 PM

**Apollo Beach/
Riverview Office**
St. Joseph's - South
Baycare Outpatient Center
10141 Big Bend Road
Suite 207 Riverview FL 33578
Ph: (813) 633-5900
Fax: (813) 788-7010

Wednesday:
09:00 AM - 04:00 PM

Healthy Food Choices for Diabetes

2015 marks the 75th anniversary of the American Diabetes Association. This year they've chosen a very important theme for November's American Diabetes Month: **Eat Well, America!**

The Association wants to show Americans that eating well is one of life's greatest pleasures and that individuals with diabetes can enjoy healthy and delicious foods to help with diabetes management. Here are a few highlights:



- Learn about Making Healthy Food Choices instead of the latest fad diet.
- Create your Plate at each meal. Opt for 25% protein, 25% grains and starchy foods and 50% non-starchy vegetables. Add a small amount of healthy fat, fruit and a drink and you have a delicious meal to help manage your blood glucose levels.
- Focus on Diabetes Superfoods that have a low glycemic index and provide key nutrients.
- Check out Understanding Carbohydrates to learn how the balance between the insulin in your body and the carbohydrates you eat makes a difference in your blood glucose levels.
- Remember to keep Fitness in your overall health plan. Exercise can help manage blood glucose levels and improve your A1C score.

Visit the American Diabetes Month website or call 1-800-DIABETES for delicious recipes as well as tips on meal planning, grocery lists, shopping and chefs' preparation secrets. As a special treat, each week during November you'll find nutritious recipes selected by noted chefs and cookbook authors.

Don't Tolerate the Pain of Corns and Calluses

When two toes rub together, a corn may form. This area of thickened skin has inflamed tissue underneath and can be very painful. Another form of thick, hardened skin is a callus. Calluses form to protect the skin from excessive friction and are usually found on the ball of the foot, under the big toe or on the heel.



Both corns and calluses can be caused by an abnormal gait, too much pressure from sports or wearing shoes that are too tight or too loose.

Home Remedies Can help Relieve Corns and Calluses

If you are not in too much pain, try these home treatments:

- Soak feet in warm, soapy water and then rub thickened areas with a pumice stone. Dry thoroughly and apply an emollient cream.
- Apply moisturizing cream or lotion every night. Remove skin in the morning with a pumice stone.
- Place moleskin or foam pads on the corn or callus to reduce pressure. Avoid over-the-counter salicylic acid products as these can lead to infection by damaging adjacent healthy tissue.

Come See Us if Corns and Calluses Become Painful

Make an appointment to visit us if your pain continues. If home remedies did not work, we can shave the top of a callus to reduce the pressure and prescribe oral antibiotics for an infected corn.

We'll also check your foot structure or gait to see if this is the problem. Custom-fitted orthotics can help to relieve excessive friction or pressure from abnormal walking motion.

Follow us...



[on Facebook](#)



[on Twitter](#)



[on our Blog](#)

History Footnote

Researchers in 1959 developed a method for measuring insulin in the blood and classify those with diabetes into type 1 (insulin-dependent) and type 2 (non-insulin-dependent).

Celebrity Foot Focus

Foot or leg amputation can occur from diabetes because of reduced blood flow and loss of sensation. Jazz great Ella Fitzgerald, singer/songwriter Waylon Jennings and Ron Santo, 3rd baseman for the Chicago Cubs and White Sox; all suffered amputations due to complications from diabetes.



Alice 'n Wonderland invaded Total Foot and Ankle at Halloween.



We have the same smiles and energy every day when we are with patients!

Step Forward & Walk with Confidence

A fall could change your life:



3 out of 10 seniors will fall this year

Do you have a balance problem?

DON'T WAIT. Fall prevention can start with an appointment with your doctor for a risk assessment: A review of your health conditions and current medication could indicate that you have a balance problem that may be improved with an ankle foot orthosis (AFO) such as the Moore Balance Brace.



Call us at [813-788-3600](tel:813-788-3600). We can help you today!

Trivia:

The record for the most feet sniffed belongs to a Madeline Albrecht, Cincinnati, Ohio, USA. So far, throughout her career working for a research company testing footcare products for Scholl, Madeline has sniffed approximately 5,600 feet.

Joke of the Month



Doctor Jones was giving a lecture to a group of medical students at the city hospital.

Pointing to the x-ray, he explained: "As you can see, this patient limps because his right fibula and tibia are radically arched."

The doctor looked up at the assembled students, and asked Amy, "Now what would you do in a case like this?"

Amy piped up: "I suppose I would limp too."

Recipe of the Month

Butternut Squash and Black Bean Stew with Tomatoes and Green Beans

Ingredients

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 1/2 pounds butternut squash, peeled and cut into bite-size pieces
- 1 (14.5 ounce) can Diced Tomatoes with Zesty Mild Green Chilies, undrained
- 1 (14.5 ounce) can vegetable broth
- 1/2 cup water
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1 (14.5 ounce) can Del Monte® French-Cut Seasoned Green Beans with Roasted Garlic, undrained
- 1 (15 ounce) can black beans, rinsed and drained



....continued on page 4

....continued from page 3 **Recipe of the Month**

- Hot cooked couscous
- Chopped fresh cilantro (optional)

Directions

Heat oil over medium heat in a large pot. Cook onion and garlic in hot oil for 4 minutes or until tender. Stir in squash, undrained canned diced tomatoes, broth, water, cumin, oregano and black pepper.

Simmer, covered, for 30 minutes or until squash is tender. Stir in undrained canned seasoned green beans and black beans. Cook for 5 more minutes or until heated through. Serve over hot cooked couscous. If desired, sprinkle with cilantro.

Recipe Courtesy: AllRecipes.com

Total Foot and Ankle of Tampa Bay

Zephyrhills Office

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

Sun City Center Office

936 Cypress Village
Blvd. Suite B Sun City Center
FL 33573 Ph: (813) 633-5900
Fax: (813) 788-7010

Wesley Chapel Office

Florida Hospital Wellness
Plaza 2700 Healing Way,
Suite 308 Wesley Chapel
Florida 33544
Ph: (813) 788-3600
Fax: (813) 788-7010

Apollo Beach/

Riverview Office

St. Joseph's - South
Baycare Outpatient Center
10141 Big Bend Road
Suite 207 Riverview FL 33578
Ph: (813) 633-5900
Fax: (813) 788-7010

Meet our Doctors



Robert J. Valins
D.P.M.



Maria B. Walshe
D.P.M.



Harris E. Kaplan
D.P.M.



Domenick A. Calise
D.P.M.