



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

DECEMBER 2015

www.mytampafoot.com

Page 1

December 2015, Vol 2

In This Issue...

- ✓ Relieve the Pain of Haglund's Deformity
- ✓ Teens: Don't Neglect Your Feet
- ✓ Keep Feet Happy for the Holidays
- ✓ Recipe of the Month
- ✓ Dr. Calise
- ✓ Holiday Shoe and Sandal Sale
- ✓ Step Forward & Walk with Confidence

Relieve the Pain of Haglund's Deformity

Do you have a painful bump that does not go away on the back of your heel? This may be a Haglund's deformity which forms where the Achilles tendon attaches to the heel bone.

This bony enlargement often shows in women who wear pump shoes. Haglund's deformity is formed when shoes with rigid backs like work boots, pumps and ice skates are worn excessively. But others may also be prone to this bump: individuals with a tight Achilles tendon or high arches, or who walk on the outside of the feet.



A pump bump can be very painful from swelling and inflammation and from blisters formed by the shoe rubbing on the skin. Sometimes bursitis can develop from the continual irritation.

Treatments for Haglund's Deformity

Home remedies may ease the pain and swelling of this condition. Try adding heel pads to the backs of your shoes and apply ice frequently. Switch to open-heeled shoes like clogs to reduce rubbing. But stay away from open-heeled shoes if you have bunions, tendonitis or foot pain.

If home treatment doesn't work, call us for an examination. We will examine both feet and take x-rays if necessary, and then discuss the best situation for your unique condition:

- Custom orthotics can ease pressure by changing the position of your foot in the shoe.
- Oral anti-inflammatory medications can relieve pain as can topical anti-inflammatory products.
- If inflammation is severe, we will immobilize the foot in a walking boot or soft case to advance healing.

If these conservative treatments don't resolve your pain, we will discuss surgical options that reshape the heel bone.

Teens: Don't Neglect Your Feet

Does your teenager spend hours caring for her skin, eyes, teeth and body? Most teens neglect one of the most important areas of their bodies - their feet! 20% of teens - more girls than boys - suffer from foot pain caused by uncomfortable shoes like high heels. Unfortunately most teenagers just live with the problem.continued on page 2

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

....continued from page 1 **Teens: Don't Neglect Your Feet**

Teens also are very active in school and recreational sports, and 40% of sports participants have injured their feet. A foot injury at any age can be serious and should be assessed by a podiatrist.

The teenage years are the best time to begin to pay attention to your feet. After all, they are the foundation for the body's structure and are complicated, with 26 bones and 33 joints. Take care of your feet when you're young to ensure that they will carry you an estimated 3 million steps every year!

Encourage your teen to:

- Wear properly fitted, supporting shoes. Make sure there is plenty of room in the toe box, and limit high heel wearing.
- Wash feet daily with soap and water to remove germs.
- Keep feet dry to avoid fungus. Dry thoroughly after showering especially between the toes and change socks when wet or damp.
- Keep toenails trim and cut them straight across.

Keep your teen dancing and competing with healthy, strong feet!



Keep Feet Happy for the Holidays

Getting ready for holiday shopping, traveling and entertaining means also taking care of yourself. Be sure to start at the bottom - with your feet! Take care of your tootsies so they'll carry you through year-end revelries:

- Exercise and stretch your feet to avoid foot cramps. Point and curl your toes and rotate your ankles.
- Moisturize daily especially in drier winter air with emollient-rich creams.
- Be pedicure smart - use a pumice stone to smooth skin and cut toenails straight across.
- Take a break from sitting in one position too long by elevating the legs, above the heart if possible.
- Wear sturdy, comfortable shoes with good arch support for daily activities. Save high heels for special events.
- Massage your feet - or ask that special someone to do it - after a long day on your feet. Add moisturizer for extra comfort.

If you have any foot pain or notice any abnormality in your feet or skin, call us for an appointment. Don't let a foot issue worsen into a serious problem.



Recipe of the Month **Gingerbread-Pumpkin Yule Log**

Ingredients

- 3 eggs
- Nonstick cooking spray for baking
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon pumpkin pie spice
- 1/4 teaspoon salt
- 1/2 cup granulated sugar or sugar substitute blend* equivalent to 1/2 cup sugar
- 1/2 cup canned pumpkin
- 1/4 cup molasses
- Powdered sugar
- 1 recipe Pumpkin Cream Filling (see below)
- Fresh rosemary sprigs (optional)
- Fresh cranberries (optional)

....continued on page 3



Follow us...



[on Facebook](#)



[on Twitter](#)



[on our Blog](#)

[Visit our Website](#)
[MyTampaFoot.com](#)

[Patient Portal](#)
[Please Register](#)

History FootNote

Leonardo da Vinci referred to the foot as "a masterpiece of engineering and a work of art" based on his studies of anatomy and many dissections.

Celebrity Foot Focus

Shoe designers like Paul Andrew and Roger Vivier are responding to the call for more comfortable fashion by offering the same chic styles in a variety of heel heights.

....continued from page 2 **Recipe of the Month**

Directions

1. Allow eggs to stand at room temperature for 30 minutes. Meanwhile, lightly coat a 15x10x1-inch baking pan with nonstick spray for baking. Line the bottom of the pan with waxed paper or parchment paper; coat with nonstick spray for baking. Set pan aside. In a small bowl, stir together flour, baking powder, pumpkin pie spice, and salt; set aside.
2. Preheat oven to 375 degrees F. In a large bowl, beat eggs with an electric mixer on high speed for 5 minutes. Gradually add granulated sugar, beating until well mixed. Stir in pumpkin and molasses. Fold in flour mixture. Spread batter evenly into prepared pan.
3. Bake about 15 minutes or until top springs back when lightly touched. Immediately loosen edges of cake from pan and turn cake out onto a towel sprinkled generously with powdered sugar. Slowly peel off waxed paper. Starting from a short side, roll up towel and cake into a spiral. Cool on a wire rack for 1 hour. Meanwhile, prepare Pumpkin Cream Filling.
4. Unroll cake; remove towel. Spread cake with Pumpkin Cream Filling to within 1 inch of edges. Roll up cake and filling into a spiral. Trim ends. Cover and chill for 2 to 48 hours before serving. To serve, place cake roll on a platter. If desired, garnish with rosemary sprigs and cranberries and sprinkle top with powdered sugar. Makes 10 servings.

Pumpkin Cream Filling

Ingredients

- 3/4 cup canned pumpkin
- 1/2 teaspoon ground ginger
- 1 1/4 cups frozen light whipped topping, thawed

Directions

1. In a medium bowl, combine pumpkin and ground ginger. Fold in thawed frozen light whipped dessert topping.

Recipe Courtesy of: DiabeticLivingOnline.com

Dr. Calise



Dr. Calise presented "Awareness and Complications of the Diabetic Foot" at Florida Hospital Zephyrhills on Wednesday, December 4. This presentation was part of Florida Hospital's ongoing programming for its diabetes support group. Dr. Calise's slide presentation focused on the problems and the prevention of the diabetic foot, emphasizing everyone's ability to control their own health and wellness, even with diabetes. He was well received by all who attended!



Holiday Shoe and Sandal Sale

Looking for a holiday gift for your loved ones or yourself?

Total Foot and Ankle of Tampa Bay is having a huge holiday blow-out shoe sale for the month of December

25% off

ALL shoes and sandals

Call for an appointment for a personalized shoe fitting if you are shopping for yourself or just stop by and check out our selection of shoes and sandals that can make a great gift!

Happy Holidays!
Total Foot and Ankle of Tampa Bay

www.MyTampaFoot.com

Save
25%

Save 25% off all shoes, sandals, and in-stock Crocs. Coupon not needed to receive discount. Discount cannot be applied to shoes covered by insurance.

Offer Expires: December 31, 2015

Joke of the month



Santa's sleigh broke down on Christmas Eve.

He flagged down a passing motorist and asked, 'Can you help me fix my sleigh?' 'Sorry,' the motorist replied. 'I'm not a mechanic - I'm a podiatrist.'

'Well', said Santa, 'can you give me a toe?'

Trivia



SANTA FACTS!

Every Christmas Eve, Santa Claus visits, 504,225,579 homes
1,008,451,158 cookies are left for Santa Claus
2 Cookie bites are taken at each home
336,150,386 Cookies are eaten by Santa Claus
5,908,893 Gallons of Milk are consumed = 9 Olympic sized swimming pools

Request an
Appointment

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!

Total Foot and Ankle of Tampa Bay

Zephyrhills Office
6326 Fort King Rd
Zephyrhills, FL 33542
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

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

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.