



Call for an appointment today:
813-788-3600

Total Foot and Ankle of Tampa Bay

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NEWSLETTER

MAY 2020

www.mytampafoot.com

Page 1

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In This Issue...

- ✓ An updated message from Dr. Valins, Dr. Calise, Dr. Walshe and Dr. Afesllari
- ✓ Neuropathy and PAD: A Bad Combination for Those with Diabetes
- ✓ Memorial Day History
- ✓ May is Skin Cancer Awareness Month
- ✓ Recipe of the Month: California Veggie Sandwich

An updated message from Dr. Valins, Dr. Calise, Dr. Walshe and Dr. Afesllari:

We, at Total Foot and Ankle of Tampa Bay, continue in our commitment to protect the safety of our patients, staff, and community while maintaining the highest quality of care in our practice. In accordance with the latest recommendations from the CDC and Florida Department of Health, we ask that you follow/be prepared for the steps below, ensuring the safety of all:

- When coming in for your appointment, we ask that you come alone unless you require a companion for medical safety assistance.
- We plan to keep the number of patients in the office minimal to reduce the risk of exposure.
- We have reduced the number of chairs in our waiting rooms. Therefore, if all the chairs in the waiting room are occupied, we will utilize the parking lot and outdoors (or hallway) as a waiting area.
- You will be required to wear a mask in our office.
- Our facility is set up to maintain appropriate social distancing.
- Our providers and all staff will be wearing masks for your safety.

We will be calling you the day before your appointment to ask you the following COVID-19 screening questions:

1. Have you traveled on an airplane in the past 14 days?
2. Do you have any of the following symptoms: fever, cough, sore throat, or shortness of breath?
3. Do you have any new muscle aches or pain? (that are not your usual pains)
4. Have you been in contact with someone with known or suspected COVID-19?

If you answer **YES** to any of the above questions,
Your appointment will be rescheduled at a later time.

In addition to the above precautions, we also want to inform you of the following infection prevention policies and procedures we have in place to ensure a clean and safe facility:

- Thorough disinfection of treatment rooms between each patient using approved medical-grade disinfecting agents.
 - Disinfection of all public surfaces and common areas in-between patients using medical-grade disinfecting agents.
-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

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

Office Hours:
Tuesday:
8:00 AM - 4:00 PM
Wednesday:
8:00 AM - 3:00 PM
Thursday:
7:30 AM - 2:30 PM
Friday:
9:00 AM - 3:30 PM

Wesley Chapel Office
2649 Windguard Circle
Unit 101, Wesley Chapel
FL 33544
Ph: (813) 788-3600
Fax: (813) 788-7010

Office Hours:
Tuesday:
8:00 AM - 3:00 PM
Friday 1:00PM-4:00PM

....continued from page 1 **An updated message from....**

- Deep cleaning and sanitizing our facility by a professional cleaning service.
- Removal of all magazines from our offices.

We are offering telemedicine. If you have a problem that you would like to discuss with the doctor, but you are concerned about coming into the office, please call us and let us know. We will set up a remote appointment for you, and you can speak to your doctor in the comfort of your own home.

Please bear with us as we are scheduling carefully; we aim to get you in for your appointment as quickly as possible, but your safety is our main concern.

As always, we are here to take the best care of you in the safest environment possible.

Stay well, stay safe, and remember social distancing at all times.

Call us at 813-788-3600 or 813-633-5900.

Thank you!

Neuropathy and PAD: A Bad Combination for Those with Diabetes

Imagine that you have reduced sensation in your feet due to nerve damage. If you injure your foot when stepping on a sharp object, you may not be able to feel the wound because of the lack of feeling in your foot.

Now, further imagine that the arteries in your legs have become blocked due to fatty deposits building up on the artery walls. This condition restricts the blood flow to your feet, making wounds difficult or even impossible to heal.

If you have nerve damage – neuropathy – as well as reduced blood flow to the legs, or peripheral artery disease (PAD), you are at risk for serious damage to your feet. A minor cut or scrape may escalate into an ulcer which can lead to gangrene and even amputation.

Neuropathy and PAD – Serious Problems for People with Diabetes

The common – and dangerous – denominator with both of these conditions is **diabetes**.

Patients with diabetes often develop peripheral neuropathy due to having excess sugar in the blood for prolonged periods. Symptoms include pain, burning and tingling in the feet and extremities as well as general limb weakness.

Those with diabetes are also susceptible to peripheral artery disease. PAD is like coronary artery disease, where an artery that supplies blood to the heart muscle is blocked. PAD affects those arteries outside the heart and brain such as those in the legs and feet. Fatty wall deposits restrict the blood flow and can cause pain, especially while walking. PAD can make healing even a small wound on the foot very difficult.

People with diabetes are at higher risk of developing atherosclerosis, the most common cause of peripheral artery disease (PAD). And individuals with PAD have a much higher risk of heart attack or stroke.

Each of these conditions is a serious problem in itself, but together they can be a limb or life-threatening situation.

Take Steps to Reduce Your Risk of Neuropathy and PAD

You can lessen the risk of these serious complications:

- Control your blood sugar with diet, exercise and medication
- Have regular screening tests for cholesterol and blood pressure

....continued on page 3

....continued from page 1

**Apollo Beach/
Riverview Office**
St. Joseph's - South
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Wednesday:
9:00 AM - 4:00 PM

**Baycare/Bloomington
HealthHub Office**
2440 Bloomington Avenue
Valrico, FL 33596
Ph: (813) 633-5900
Fax: (813) 788-7010

Office Hours:
Monday: 9:00am - 4:00pm

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MyTampaFoot.com

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....continued from page 2 **Neuropathy and PAD: A Bad....**

- Take doctor-recommended supplements
- Stop smoking
- Limit alcohol consumption
- Exercise every day with your doctor's permission

You can find plenty of helpful information on living with diabetes and its complications at the American Diabetes Association [website](#).

Memorial Day History

Memorial Day is the day specifically set aside to honor soldiers who died protecting our great country. It's also the official start of summer. The holiday has a somewhat complicated history. Congressman John Alexander Logan from Illinois is given the official credit for establishing Memorial Day. He was a Major General in the Civil War and afterward returned to Congress and also became the first Commander-in-Chief of the Grand Army of the Republic, a Union veterans group whose purpose was to perpetuate the memory of those who lost their lives fighting in the Civil War. In May of 1868, he issued an order designating May 30, 1868, as the day to decorate graves and that this custom should continue annually.



Below are some other interesting historical facts about this holiday.

- Although Logan gets the official nod, Memorial Day was originally known as Decoration Day and got its start from the custom of people decorating the graves of Civil War soldiers with flowers.
- According to the U.S. Department of Veteran Affairs, approximately 25 locations have claimed to be the original site of the observance.
- In 1966 President Lyndon Johnson and Congress declared Waterloo, NY as the birthplace of Memorial Day. In that place a ceremony was held on May 5, 1866, honoring local veterans who had died in the Civil War. Businesses were closed and residents flew their flags at half-staff.
- The holiday was officially signed into law by President Lyndon B. Johnson on June 28, 1968, to take effect on January 1, 1971.
- From 1868 to 1970 Memorial Day was May 30th. It is now celebrated the last Monday in May.
- The red poppy that is seen and worn prominently on Memorial Day got its start from a poem, "In Flanders Field." It was written by WWI Lieutenant Colonel John McCrae when he watched many soldiers, including a close friend, die in Belgium where clusters of the red flowers were growing. Moina Michael, a professor at the University of Georgia, inspired by the poem started making the flowers and selling them as a fundraiser for veterans. She eventually lobbied to have it made the official national emblem of remembrance which occurred in 1920.

May is Skin Cancer Awareness Month

Over 5 million cases of skin cancer are diagnosed in the United States each year and your feet are not immune to this disease. About 90 percent of nonmelanoma skin cancers and 85 percent of melanoma cases are associated with exposure to ultraviolet radiation from the sun. The good news is that most of these cases are preventable. Healthy habits and early detection are the keys. Below are some ways to protect your feet.

- Avoid sunburn by being aware of the exposure that the skin on your feet is getting to the sun. While it's obvious when you're spending a day at the beach or pool, don't forget that even being out for a few hours shopping leaves skin vulnerable if you are wearing sandals.continued on page 4



History FootNote

The first shoe dates back to 3,500 BC. Made of a single piece of leather, it was recently found in present-day Armenia.

Celebrity Foot Focus

Foot and leg tattoos seem to be trending among celebrities like Miley Cyrus, Charlize Theron, Katy Perry and Rihanna. Since feet have less padding provided by muscle, thereby bringing the bones and tendons closer to the surface, getting a foot tattoo is generally more painful than a regular tattoo.

Fun Foot Fact

Your feet have 250,000 sweat glands—that's more than anyplace else on your body! These glands are capable of producing up to ½ pint of perspiration a day.

....continued from page 3 **May is Skin Cancer Awareness....**

- Apply a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher for everyday use. If you are going to spend a significant period outdoors, use a water-resistant sunscreen with an SPF of 30 or higher.
- Put sunscreen on 30 minutes before going out. Don't forget to reapply every two hours and after swimming or if you are sweating excessively.
- Try to find shade from 10 a.m. and 4 p.m. when the sun's rays are the strongest.
- The primary reason skin cancers on the feet go undetected is because they're unexpected. Examine your feet regularly and report any new or changing moles or freckles to your podiatrist or dermatologist immediately. Be sure to check between your toes and your toenails. The Skin Cancer Foundation reminds you to think: NEW, CHANGING or UNUSUAL when looking at marks on your skin.

These simple steps can save your life.

Recipe of the Month

California Veggie Sandwich

Get all your vitamins in one delicious sandwich! Try making your own pickled vegetables or use store-bought and skip the first step.

Ingredients

Pickled Vegetables:

- 2 cups apple cider vinegar
- ½ cup (packed) light brown sugar
- ¼ cup kosher salt
- 4 cups any combination shredded carrots, sliced cucumbers, sliced red onions, and/or sliced mild fresh chiles



Dressing and Assembly:

- ¼ cup buttermilk
- ¼ cup plain whole-milk Greek yogurt
- 1 tablespoon fresh lemon juice
- 6 tablespoons olive oil, divided
- Kosher salt, freshly ground pepper
- 2 ripe avocados, halved
- 6 ounces fresh goat cheese
- 6 cups mixed lettuce leaves, ribs removed if thick
- 8 slices multigrain bread, toasted
- ½ English hothouse cucumber, thinly sliced on a diagonal
- 2 cups sprouts

Special Equipment:

- 2 heatproof 1-qt. glass jars

Recipe Preparation

Pickled Vegetables:

1. Bring vinegar, brown sugar, salt, and 2 cups water to a boil in a large saucepan. Meanwhile, pack vegetables into jars. Pour brine over vegetables. Cover and chill until cool. Do Ahead: Pickles can be made 2 weeks ahead. Keep chilled.

....continued on page 5

Foot Funnies



How does a frog feel with a broken foot? UnHoppy

Trivia

Wearing tight shoes or high heels can increase your risk of getting a type of tumor in your foot.

- A. True
B. False

Answer: A. True

Morton's neuroma, a benign nerve tumor, is linked to wearing high heels and shoes with tight toe boxes -- so women get it 8 to 10 times more often than men. It's a thickening of the tissue around a nerve heading between the third and fourth toes. The shooting pain feels like stepping on a hard kernel of corn. Another surprising cause: positioning your toes abnormally. Golfers, who twist the foot when swinging, are neuroma-prone.

....continued from page 4 **Recipe of the Month**

Dressing and Assembly:

1. Whisk buttermilk, yogurt, lemon juice, and 3 Tbsp. oil in a large bowl until smooth; season dressing with salt and pepper.
2. Scoop avocados into a small bowl; add 1 Tbsp. oil and lightly mash. Season with salt and pepper. Mash goat cheese with remaining 2 Tbsp. oil in another small bowl until softened and spreadable; season with salt and pepper.
3. Add lettuce to dressing and toss to coat. Season with salt and pepper. Spread avocado mixture over 4 slices of bread. Arrange lettuce over and top with cucumber, sprouts, and some drained pickles. Spread remaining 4 slices of bread with goat cheese and close sandwiches.

Recipe courtesy of bonappetit.com



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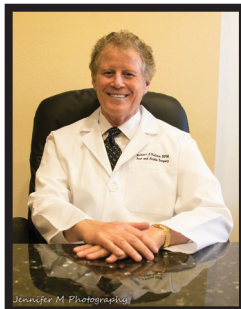
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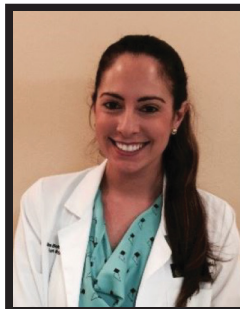
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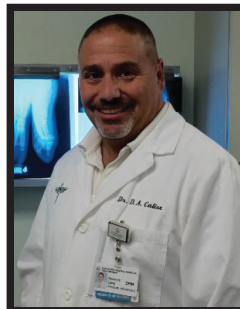
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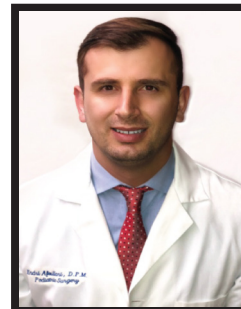
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