



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

Bret C. Musser, D.P.M

Domenick A. Calise, D.P.M

Endri Afesllari, D.P.M

NEWSLETTER

DECEMBER 2021

www.mytampafoot.com

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December 2021, Vol 73

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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

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:

Monday:
9:00 AM - 4:00 PM
Tuesday:
8:00 AM - 4:00 PM
Wednesday:
8:00 AM - 4:00 PM
Thursday:
9:00 AM - 3:30 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 - 3:30 PM



Holiday Shoe and Sandal Sale!
Enjoy 20% off!

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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.

20% 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 20%

Save 20% off all in stock shoes and sandals. Coupon not needed to receive discount. Discount cannot be applied to shoes covered by insurance.

Offer Expires: December 31, 2021



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**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

Office Hours:
Monday:
9:00 AM - 4:00 PM
Tuesday:
2:00 PM - 6:00 PM
Wednesday:
9:00 AM - 4:00 PM
Friday:
9:00 AM - 3:30 PM

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

Office Hours:
Wednesday:
9:00 AM - 4:00 PM

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!

Foot Funnies



Q: Did you hear the joke about the gym sock?

A: You don't want to. It stinks.

Holiday Gifts for Your Feet

If you're making your holiday gift list and checking it twice don't forget to add a little something special for your feet. They've certainly made all the chores and festivities of the season possible. Wondering what might be on your feet's wish list? Here are a few suggestions:



Custom Orthotics—If your podiatrist has recommended custom orthotics to help relieve pain and discomfort from plantar fasciitis, tendonitis, arthritis, or another podiatric condition then this is a present your feet will truly appreciate. If your insurance company covers one pair of orthotics and you are experiencing a significant reduction in foot or ankle pain you may want to splurge on a second pair to wear in a different kind of shoe. Custom orthotics are more expensive than over-the-counter inserts but, because they are made from a model of your exact foot, they are more effective and longer lasting.

New Walking or Athletic Shoes—Exercise is great for your feet. It keeps them flexible, improves circulation, and helps keep your weight down which reduces strain on your feet. Athletic shoes do have a lifespan, however. Even if they look fine, after 300-500 miles the inner support and cushioning begin to wear down. Ask your podiatrist for features to look for in a sport shoe if you have a chronic condition like flat feet or a bunion.

Anti-Fatigue Mat—Does your job or your work at home find you standing in one place for a long time? If so, an anti-fatigue mat may be just what your feet need. These thick, padded mats cause your feet to make tiny micro-adjustments due to the sponginess of the mat which helps improve circulation and reduces the foot pain people who stand for long periods typically experience.

Foot Massage—Foot massages can have health benefits and they just feel so good! Treat yourself to a professional foot massage or do it yourself with a rich moisturizer. Soak the lotion tube in warm water first for an additional spa treatment.

Of course, one of the best gifts you can give your feet is regular podiatric checkups and not putting off getting foot and ankle pain evaluated. The presents you give to your feet will truly become the gifts that keep on giving as they'll enable you to be mobile and do all the activities you love to do during the holidays and beyond!

History Foot Note

Shoes are important things, and not just for practical reasons. Many traditions around the world involve them. Read on for fun facts about traditions and customs around the world – and the role that footwear plays.

- Japanese samurai warriors wore shoes made from bear fur, believing that the animal's strength would transfer to whoever wore the shoes.
- An old American Indian custom is to poke holes in the tops of an infant's shoes to let any bad spirits escape.
- A Greek custom is to burn old shoes during the Christmas season; this prevents carrying misfortune into the new year.
- In Europe shoes were good luck charms in buildings; often they were deliberately hidden in walls or chimneys.
- In Islamic countries removal of shoes before entering a mosque is required; that way the unclean world is not brought into holy ground.
- When there is a death in the family, Jewish tradition states walking into the woods and throwing away the deceased relative's shoes. Today, many still believe the shoes must be destroyed or thrown out, rather than given to another person.
- An old English custom says that if you do not give shoes to a poor person at least once in your life, you will be forced to walk barefoot in the next life. Therefore, giving shoes to the poor at Christmas is a modern-day tradition.

Don't Slip Up this Holiday Season

Tis the season for long shopping lists and holiday errands. You'll have lots to do and lots on your mind, and you'll be out there with lots of other people in the same predicament! Below are some do's and don'ts for preventing a slip or fall as you rush around to get it all done.



Do: wear shoes that have a comfortable heel, good support, and an anti-slip tread. Leave the fashion footwear behind on busy days when you know you'll be on your feet for long periods of time doing a lot of walking.

Don't: over carry. Yes, it's the holiday season and you've got a long shopping list, but don't carry so many packages at once that you can't see the path in front of you. A few extra trips to the car to drop off packages is a safer way to go.

Do: watch where you're walking. Be aware of items in your path, wet leaves on the driveway, or cracks in the sidewalk to help avoid an ankle-twisting injury.

Don't: wear your party shoes to an event. Most dress shoes are not designed for long walks. Choose more stable walking shoes or sneakers to wear to get to your festivities and then change into your festive footwear when you arrive. It's best to limit heel heights to two inches or less and to pick wedge or wider heel styles for greater stability.

Do: take some time to make a to-do list and a rough schedule of how and when you'll get tasks accomplished before the holidays arrive. While this may seem unrelated to preventing falls, it can help clear your mind so that you are focused on where you're walking and less likely to miss a step or curb because you're distracted.

If despite all your best efforts you do suffer a slip or fall, be sure to get your feet or ankles checked by our podiatrist as soon as possible if you have pain, swelling or bruising after the incident.



National Sock Day

National Sock Day on December 4th recognizes the rarest of all bonds, the pairing of matched socks. When they manage to find each other, wash after wash, dry after to dry, it's time to celebrate! But what if the unforeseen happens and you have a bunch of mismatched single socks? Here are simple uses for spare socks:

- Store shoes in spare socks while traveling
- Protect breakable items in socks during a move
- Use knee-high socks to keep windshield wipers from freezing before a storm
- Store small game pieces in them
- Absorb fridge odors with a spare sock filled with coffee grounds or baking soda
- Make ice packs more tolerable
- Catch drips from oil or sauce bottles by placing a section of sock around the bottle
- Dust blinds with a spare sock

Recipe of the Month

Beef and Broccoli Over Zucchini Noodles



This lighter version of a Chinese takeout classic is packed with veggies and is low in carbs. You can make "noodles" out of zucchini at home with a special "spiralizer" tool or use a vegetable peel to create ribbons.

Ingredients

- 1 cup no-salt-added beef broth
- 1 tbsp corn starch
- 2 tbsp lower sodium soy sauce
- 2 cloves minced garlic
- 1 tbsp fresh minced ginger
- nonstick cooking spray
- 2 tsp toasted sesame oil
- 1 medium onion sliced
- 1 lb. sliced sirloin beef
- 4 heaping cups fresh or frozen broccoli florets
- 2 small zucchinis (spiralized into noodles, or 4 cups prepared zucchini noodles)
- 2 tbsp sesame seeds

Directions

1. In a small bowl, whisk together the broth, cornstarch, soy sauce, garlic, and ginger. Set aside.
2. Spray large sauté pan or wok with cooking spray, add sesame oil, and place over high heat.
3. Add the onion and stir-fry 2 minutes. Add the beef and stir-fry 3 more minutes.
4. Add the broccoli and spiralized zucchini and stir-fry 3 more minutes.
5. Add the broth mixture and bring to a boil, scraping the bottom of the pan to loosen any brown bits. Reduce heat and simmer 2 minutes.
6. Stir in sesame seeds and serve.

Recipe courtesy of the American Diabetes Association

Trivia

If your heel hurts, it's most often due to a condition known as Plantar Fasciitis.

- A. True
- B. False

If you answered A, you're right! Heel pain is the No. 1 reason people see a Foot Specialist and it is usually caused by Plantar Fasciitis, an inflamed ligament on the bottom of the foot. The plantar fascia ligament attaches to the heel bone and becomes inflamed when micro-tears are produced.



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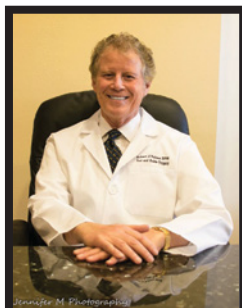
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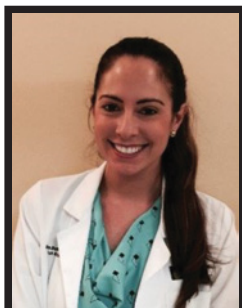
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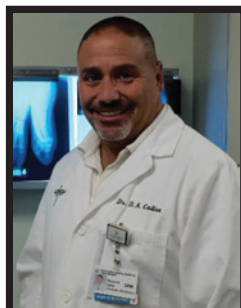
Meet our Doctors



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