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## 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

MARCH 2017

[www.mytampafoot.com](http://www.mytampafoot.com)

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March 2017, Vol 17

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## 5 Common Skin Problems Found on the Feet

Your feet are a unique part of your body for many reasons:

- They are the furthest part of your body from your heart which can be a problem for circulation.
- They are always in contact with surfaces that can cause injury and harbor contagious fungi.
- They are enclosed in shoes which create a dark and moist environment that fungi love.
- We force them into shoes that don't always fit properly which can create friction and result in painful blisters, calluses and corns.



### Common Skin Problems Found on the Feet

Here are some common foot skin problems and their solutions:

**Ulcers.** Individuals with diabetes are prone to ulcers because of poor blood circulation and neuropathy, or nerve damage. A small cut or puncture wound can quickly worsen into a dangerous ulcer. Please contact us right away if you notice a cut or sore on your foot that is not healing.

**Fungal infections.** Fungus and bacteria love warm, dark, humid places like the inside of your shoes. Fungal infections like Athlete's foot are easily picked up in public areas like pools and showers.

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### Our Offices

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

**Office Hours:**  
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

**Office Hours:**  
Tuesday:  
08:00 AM - 04:00 PM  
Thursdays:  
08:00 AM - 04:00 PM  
Fridays:  
09:00 AM - 3:30 PM  
(every other Friday)

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

**Office Hours:**  
Mondays:  
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

**Office Hours:**  
Wednesday:  
09:00 AM - 04:00 PM

## ....continued from page 1 **5 Common Skin Problems....**

Symptoms include redness, dry skin, blisters, itching and peeling. Fungal infections need professional help for complete healing. Keep fungi away by keeping your feet, socks and shoes clean and dry.

**Blisters.** Blisters are formed when skin is repeatedly subjected to friction from shoes. Protect the blister with a clean bandage. If it pops, wash it and re-bandage. Avoid blisters by wearing well-fitting shoes with socks.

**Calluses and corns.** These skin problems are also caused by friction when bony areas rub against footwear. Please see us for relief from these troublesome conditions. Custom-fitted orthotics can relieve and prevent calluses. Avoid over-the-counter products as these may damage healthy skin.

**Heel fissures.** This condition, also known as cracked heels, results when the skin is too dry and dead skin cells build up on the heels. Pressure from everyday activities causes the skin to crack, sometimes very deeply and painfully. Get in the habit of moisturizing your feet regularly with a rich foot cream, then gently exfoliate with a pumice stone.

Don't live with skin problems on your feet - we can help!

## **Good Foot Care for Children Can Prevent Adult Foot Problems**

Your children's feet are their foundation, and good foot care in early life can prevent foot problems later in life.

- Keep feet clean and dry
- Outfit your children in well-fitting, sturdy and protective footwear
- Equip your children in quality sports footwear appropriate for each activity



One more important duty for parents: Because children can't monitor their own foot health, **you** must be vigilant and observe their feet and how they move. Early detection and prompt treatment of any abnormalities is key to lifelong foot health:

- ✓ Be aware of your child's feet from birth. Watch for any abnormalities.
- ✓ Encourage your child to walk more to strengthen feet.

....continued on page 3

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## History FootNote

The Brannock device, the tool that measures your foot in shoe stores, hasn't changed much since its invention in 1908. Some original samples are housed in the Smithsonian Museum.

## Celebrity Foot Focus

Do you wear a toe ring? If yes, you're in company with Jennifer Anniston, Star Jones, Tori Spelling and Britney Spears.

....continued from page 2 **Good Foot Care for Children....**

- ✓ Watch for any developmental problems like toes pointing inward or outward or an unusual gait.
- ✓ Be wary of ankles turning in more than usual, flattening of the arches (after age 5), pain, limping and cramping.

Contact us for an evaluation before your child actually complains of pain, as treatment for most problems must begin as soon as possible.

### A Word about Children's Shoes

As tempting as it might be to buy baby's first pair of shoes, it's healthy and natural for infants and toddlers to remain barefoot. Until baby begins to walk, a warm pair of socks is all the protection they need. When walking regularly, let them wear flexible, soft-soled shoes.

For children of all ages: Be sure to check that their shoes have ample width and toe room. Children grow quickly and shoes have to be replaced just as fast! Wearing shoes that are too small can lead to toe and foot problems. And never pass down shoes to a younger child from an older sibling. Shoes tend to mold to fit the owner's foot and will cause a problem if given to another child to wear.

### Recipe of the month

## Cauliflower with Pancetta and Onions



Here's a great way to prepare cauliflower for a delicious side dish.

### Ingredients

- 2 tablespoons olive oil, divided
- 3 ounces sliced pancetta (unsmoked bacon)
- 1 medium onion, thinly sliced
- 1 small cauliflower (about 1 1/4 pounds), trimmed and cut into florets (about 6 cups)
- Kosher salt and freshly ground black pepper to taste
- 1 bay leaf
- 2 tablespoons water
- 1 tablespoon fresh lemon juice

....continued on page 4

### Joke of the month



Travel Centre  
-Call Center help calls

**Customer:** I've been calling your local office for two days and can't get through -- can you help?

**Operator:** What number are you calling?

**Customer:** 0700 0600

**Operator:** Where did you get that number, sir?'

**Customer:** It was on the door to the office.

**Operator:** Sir, those are the office hours.

### Trivia

*The Ides of March is a famous day. What day is it?*

- A. 3rd
- B. 5th
- C. 15th
- D. 31st

**Answer: C**

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

## Instructions

Heat 1 tablespoon of the olive oil in a large heavy skillet over medium heat. Add the pancetta and cook until it is crisp. Remove the pancetta with a slotted spoon. Set aside.

Add in the onions, and turn the heat to medium low. Sauté the onions for about 8 minutes. Add in the cauliflower, salt, pepper, and bay leaf. Add in the water, cover and raise the heat to medium.

Cook for about 10 to 15 minutes, stirring occasionally until the cauliflower is tender and lightly browned. Remove and discard the bay leaf.

Add the cauliflower to a serving bowl. Mix together the remaining olive oil and lemon juice, and add to the cauliflower, mixing well. Top with the crisp pancetta.

*Recipe courtesy of [www.diabetes.org/recipes](http://www.diabetes.org/recipes)*

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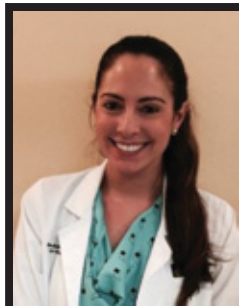
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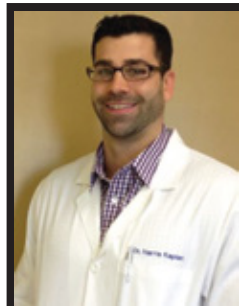
## Meet our Doctors



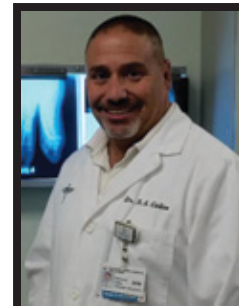
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