



Call for an appointment today:
813-788-3600

Total Foot and Ankle of Tampa Bay

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NEWSLETTER

FEBRUARY 2016

www.mytampafoot.com

Page 1

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In This Issue...

- ✓ Your Foot Can Give a Clue to Your Heart Health
- ✓ Pay Extra Attention to Your Feet While Traveling
- ✓ Recipe of the Month
- ✓ Valentines Day Shoe Sale
- ✓ Step Forward & Walk with Confidence

Your Foot Can Give a Clue to Your Heart Health

Did you know that your feet can act as early warning detectors of heart disease?

The clue is easily found during a routine physical examination. Each of your feet should have 2 pulses that are easily detected by a trained physician. Just by checking your feet, your doctor can determine if the blood flow to your feet is normal.



Peripheral artery disease or PAD occurs when plaque and cholesterol build up in the arteries leading to your extremities. This buildup can cause reduced blood flow to your feet and legs resulting in an uncomfortable feeling or pain when walking. In severe cases, PAD can cause amputation of the foot or limb because of inadequate blood circulation.

Peripheral Artery Disease May Indicate an Increased Heart Disease Risk

Even though PAD involves the peripheral arteries or those leading to your head, organs and limbs, it can be a sign that other arteries are involved too - importantly, those leading to your heart. The presence of this coronary artery disease (CAD) along with PAD could mean that you have a serious risk of heart disease.

In addition to checking your ankle pulse, your physician may perform an ankle brachial index screening test comparing blood pressure cuff readings on your arm and leg. A difference of as little as 10% between the pressure in your arm and that of your ankle could indicate the presence of PAD.

If your doctor suspects that you have PAD because of either screening test, remember to thank your feet for the early warning!

Learn More about the Warning Signs of Heart Disease

February is American Heart Month sponsored by the American Heart Association. It's the perfect time to test your knowledge of the warning signs of heart disease. For example, did you know that the warning signs for women may be different than those for men and can be much more subtle? Even simple nausea may signal that a woman is having a heart attack.

....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 **Your Foot Can Give a Clue to....**

Call your doctor **immediately** if you or a family member experiences any PAD symptoms or any warning signs of heart disease.

Pay Extra Attention to Your Feet While Traveling

If your plans for this winter include a getaway vacation, good for you! Whether your destination is warm and sunny or the snowy slopes, don't forget to take good care of your feet while you're traveling. Uncomfortable, sore or injured feet can really ruin a good time.



- Pack two pairs of comfortable walking shoes and rotate daily to let shoes dry thoroughly. Don't forget your orthotics.
- Take along shoes for each activity: water shoes, running, walking, and dress.
- Avoid taking new shoes on a trip - this is not the time to break in new footwear!
- Wear comfortable, slip-on shoes with socks for air travel. The socks will protect your feet as you go through security and slipping your shoes off in flight makes it easier to keep your circulation moving with stretches, foot pumps and foot and ankle extensions.
- Opt for sturdy sandals rather than flip flops for extensive walking. Save your flip flops for public areas like pools, spas and changing rooms.
- Apply ample sun screen to tops and sides of feet regularly.

Don't Forget a Foot Care Travel Kit

Tuck a few essentials into your luggage to keep your feet looking and feeling their best. Be sure to include:

- Emollient-enriched moisturizer to keep feet supple and smooth
- Nail clippers and emery boards
- Moleskins or blister pads to cushion irritated areas and protect your feet if blisters do occur
- Sterile bandages if needed for minor cuts and scrapes
- Antibiotic cream for minor skin injuries

Your feet will reward you with miles of fun, pain-free trekking!

Recipe of the Month Kale and Apple Salad

Here's a healthy side salad built around anti-oxidant rich kale. Soften the kale in the light lemon dressing then toss with the other ingredients.

Ingredients

- 3 tablespoons fresh lemon juice
....continued on page 3



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History FootNote

Early ski bindings in Norway consisted of twisted birch roots that hooked to the front part of the ski and looped around the boot heels and back.

Celebrity Foot Focus

Michael Milton, Australian Paralympic gold-medal winning skier, holds the world record for running a marathon with crutches and has scaled Mount Kilimanjaro.

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

- 2 tablespoons extra-virgin olive oil
- Kosher salt
- 1 bunch kale, ribs removed, leaves very thinly sliced
- 1/4 cup dates
- 1 Honeycrisp apple
- 1/4 cup slivered almonds, toasted
- 1 ounce pecorino, finely grated (1/4 cup)
- Freshly ground black pepper

Directions

Whisk together the lemon juice, olive oil and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.

While the kale stands, cut the dates into thin slivers and the apple into thin matchsticks. Add the dates, apples, almonds and cheese to the kale. Season with salt and pepper and toss well.

From Food Network Kitchens

All You Need is Love

...and a sweet sale!
**ENJOY 25% OFF OF
 YOUR SHOE PURCHASE FOR
 THE MONTH OF FEBRUARY!**

DOES NOT APPLY ON SHOES PAID BY INSURANCE.
 ONLY APPLIES TO SELF PAY SHOE PURCHASES.

SAVE 25%
 ON YOUR SHOE PURCHASE DURING
 THE MONTH OF FEBRUARY

Offer Expires 02/29/2016.
 Coupon not necessary.
 Not for shoes paid by insurance.

Joke of the month



How Smart is Your Right Foot?

Here's a quick test that is so strange it will boggle your mind. And if you are anywhere near as stubborn as I am, you will try it at least a few times to see if you can change the outcome, but you can't!

- 1) While sitting at your desk, lift your right foot off the floor and make clockwise circles.
- 2) Now, while doing this, draw the number '6' in the air with your right hand.
- 3) Your foot will change direction.

Trivia

February was called Solmonath by the Anglo-Saxons. What does this mean?

- a. New Year
- b. New beginning
- c. Mud month
- d. Winter End

Answer C. Mud Month- They also referred to this month as Kale Month.

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!

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Meet our Doctors



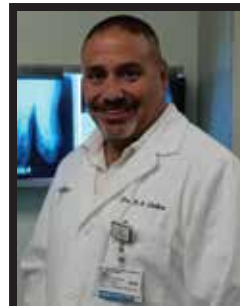
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