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Total Foot and Ankle of Tampa Bay

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NEWSLETTER

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How To Handle Common Foot Injuries

Our feet - we rely on them day and night to take us to work, exercise, shopping ... even just getting out of bed in the morning!

So if our feet hurt because of a minor foot or toe injury, it's a problem. Even everyday overuse or wear and tear can cause an injury, but most often our feet are hurt during sports and recreational activities, while walking, working or taking care of projects at home.



Common Foot Injuries

Many minor injuries will heal on their own, and first aid treatment may be all that is needed to relieve your symptoms and promote healing.

- **Sprains and strains** can cause pain, swelling and bruising and make it hard to walk. Use the **R.I.C.E** method of **Resting** the foot, **Icing** the area, applying a **Compression** bandage and **Elevating** the leg.
- **Plantar fasciitis** causes heel pain that is often most painful when you get up in the morning. The plantar fascia is a thick tissue that runs along the bottom of your foot, and it can get inflamed from overuse. Unless the pain is acute, rest your foot and apply ice to the area frequently. Take over-the-counter pain medication with your doctor's permission to control pain and inflammation.

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Request an Appointment

Our Offices

Zephyrhills Office
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Zephyrhills, FL 33542
Ph: (813) 788-3600
Fax: (813) 788-7010

Office Hours:
Monday-Friday:
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Sun City Center Office
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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
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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
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Fax: (813) 788-7010

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

....continued from page 1 **How To Handle Common....**

- **Stress fractures** cause tiny breaks in the bones of the foot caused by overuse. The pain will come on gradually and can be accompanied by swelling. The **R.I.C.E.** treatment can relieve much of the pain.
- **Achilles tendonitis** is a breakdown of the tissues near the Achilles tendon, which attaches the calf muscle to the heel bone. You'll feel tenderness and stiffness just above the heel which will worsen with running or stair climbing. Over-the-counter anti-inflammatory medications can relieve pain and swelling, and gentle stretching exercises can heal and strengthen the tendon.
- **Puncture wounds** from stepping on a nail or an insect bite can be more than annoying as you'll experience pain and swelling. Wash the wound, remove the object with tweezers, apply antibiotic ointment and cover with a clean bandage. Call your doctor as you may need a tetanus shot. Note that puncture wounds or any other type of injury to the skin of the foot can be **very** dangerous for those with diabetes - get medical help immediately.

Know When You Need Medical Attention

Home remedies won't help if the injury is serious. If your foot pain is severe and prevents you from walking, or if you have persistent pain, bruising, redness and/or swelling that is not quickly relieved, please call us as soon as possible!

We'll give your feet a complete examination and take x-rays and other imaging tests like ultrasounds and MRIs to determine the extent of the injury.

Our treatment will depend on the injury we diagnose and its severity. Often custom-fitted orthotics can help relieve symptoms until your foot is healed.

Don't ignore foot pain as your condition may only get worse! Call us for quick, professional treatment to get you back on your feet as soon as possible.

How to Avoid Skin Cancer on the Feet

Do you wear sunglasses for sun protection? Do you apply sunscreen frequently when outdoors?

If you answered yes, then you are helping to prevent overexposure to the sun's UV rays, which is the most common cause of skin cancer. But don't forget to protect your feet!



Apply sunscreen to the tops and bottoms of your feet and toes at least 30 minutes before venturing outside. The bottoms of your feet need protection too! Use sunscreen even when wearing sandals as your sandals leave your exposed skin unprotected.

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History FootNote

R.I.C.E - this handy phrase to help remember how to treat injuries with Rest, Ice, apply Compression and Elevate - was coined in 1978 by sports doctor Dr. Gabe Mirkin.

Celebrity Foot Focus

Actor Katie Holmes has hammertoes on both feet, probably from a mix of genetics and from excessive wearing of high heels.

....continued from page 2 **How to Avoid Skin....**

Check Your Feet for Signs of Melanoma

May is Skin Cancer Prevention Month and a great time to reinforce the need to check your skin frequently.

Deadly melanoma, a relatively rare form of skin cancer, can appear on your soles due to the stress and damage caused by running and walking. Check your feet every day and be on the watch for:

- Spots on the skin or moles that have irregular or ragged borders, are asymmetric, have different colors or are changing.
- Non-healing wounds or ulcers.
- Any area that bleeds repeatedly.

Read more about skin cancer detection from the American Cancer Society. Contact us right away if you observe anything unusual on your feet - tops and bottoms and between the toes too!

Word Search

P	D	P	C	L	L	D	I	B	Q	C	Z	G	E	D	U	K	L	E	C
U	R	R	M	A	V	Q	E	T	N	S	K	F	S	I	U	M	G	X	L
N	X	W	U	M	N	X	V	A	T	D	H	U	O	A	Q	L	Q	E	F
C	W	V	Q	S	C	C	M	F	I	C	E	E	T	B	X	M	E	R	Q
T	Y	A	O	V	O	H	E	V	V	J	N	T	E	E	I	E	J	C	I
U	C	C	K	Y	M	K	T	R	Q	O	B	J	N	T	N	L	S	I	F
R	K	H	U	R	P	K	I	N	J	U	R	Y	D	E	D	A	W	S	Z
E	O	I	Z	G	R	J	R	A	R	H	L	J	O	S	S	N	E	E	U
F	P	L	U	I	E	Q	K	J	O	X	P	X	N	Z	P	O	G	Y	U
E	C	L	I	W	S	R	T	R	E	A	T	M	E	N	T	M	S	Q	M
Y	F	E	T	J	S	Z	G	E	L	E	V	A	T	E	H	A	U	L	N
D	R	S	A	U	I	P	P	B	G	O	D	K	T	I	F	B	N	E	M
N	A	B	R	V	O	O	F	R	A	U	C	V	B	R	G	W	S	X	S
X	C	J	E	S	N	T	B	F	F	G	T	E	L	H	N	Y	C	A	S
J	T	N	S	P	R	T	Z	J	G	V	F	C	G	P	Z	K	R	M	C
S	U	S	T	R	V	Q	P	O	D	I	A	T	R	I	S	T	E	J	J
K	R	D	I	A	G	N	O	S	I	S	Y	L	Y	Q	S	I	E	F	P
I	E	W	R	I	K	U	F	C	W	B	P	H	Q	X	N	S	N	O	Q
N	R	X	M	N	Q	A	I	N	B	T	S	T	R	A	I	N	D	O	T
F	E	M	S	Z	P	L	P	M	F	V	U	X	C	M	N	E	B	T	M

....continued on page 4

Trivia

What was put on sale for the first time in May of 1886?

- A. United States Savings Bonds
- B. Coca-Cola
- C. Hot Dogs
- D. Ice cream cones
- E. Mothers Day Cards

Answer: B

Coca Cola was born in Atlanta, Georgia, on May 8, 1886. Dr. John Stith Pemberton, a local pharmacist, produced the syrup for Coca-Cola. It was put on sale at the nearby Jacobs' Pharmacy for five cents a glass as a soda fountain drink.

Joke of the month



Summer Job

For her summer job, my friend's 18-year-old daughter arranged interviews at several day-care centers. At one meeting, she sat down on one of the kiddie seats, no simple task for most people. The interview went well, and at the end, the day-care center director asked the standard question, "Can you give me one good reason we should hire you?"

"Because I fit in the chairs."
She got the job.

....continued from page 3 **Word Search**

compression	podiatrist	diagnosis	sunscreen
treatment	Achilles	puncture	melanoma
diabetes	exercise	fracture	elevate
tendon	injury	cancer	skin
strain	sprain	ice	rest
foot			



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See Answers at: <http://www.ami-solutions.net/mytamp/nl/2017/may/answer.pdf>

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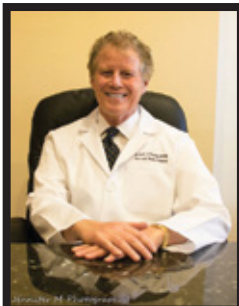
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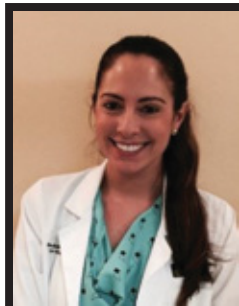
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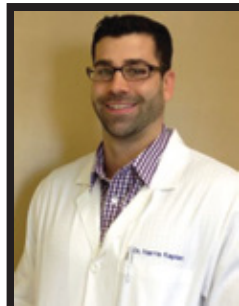
Meet our Doctors



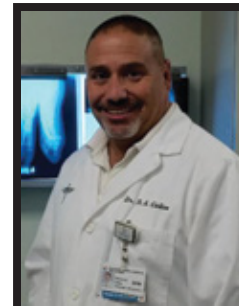
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