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# Total Foot and Ankle of Tampa Bay

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NEWSLETTER

JANUARY 2017

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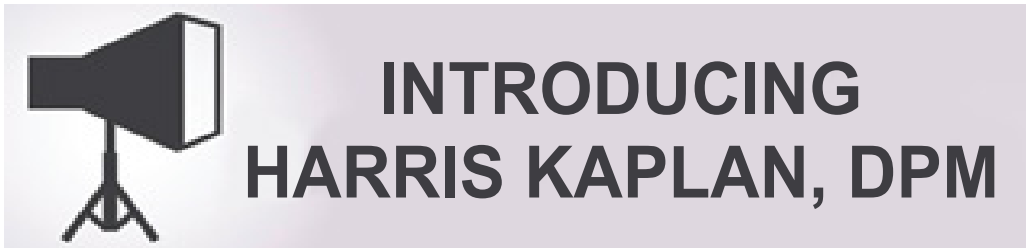
Page 1

January 2017, Vol 15

## In This Issue...

- ✓ Introducing Harris Kaplan, DPM
- ✓ A 2017 Resolution You Can Keep: Take Care of Your Feet
- ✓ All About Toes
- ✓ Word Search

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### 1. You've been in practice at Total Foot and Ankle for a year and a half now. What have you enjoyed most during this time in practice with us? What has been your greatest challenge?

Honestly, the most enjoyable part of my time at TFATB has been getting know our patients and forming relationships with our wonderful staff. Moving down to Florida from the Northeast is quite a change and everyone has made the transition so easy. I look forward to meeting new patients everyday and our staff is one of a kind!

My greatest challenge is not being able to see my family and close friends when I want to. They all live in the northeast. Luckily I have my wonderful fiancée here to keep me company.

### 2. Why did you choose a career in podiatry?

My choice for a career in podiatry has definitely been influenced by my father. He is a retired podiatrist and introduced me to the profession when I was a teenager. So in a way, I feel podiatry chose me as well.



Harris E. Kaplan D.P.M.

### 3. What is your philosophy on patient care?

My philosophy on patient care remains the same as it has been for me since my very first patient while in medical school. Communication is key. I want my patients to understand everything that is going on with their diagnosis, treatment, and prognosis. When I was in medical school my father always told me to make each patient feel important and treat them the way I would want to be treated. I believe that communication like this directly leads to a strong doctor-patient relationship.

### 4. Share with us some of your best accomplishments, in podiatry or otherwise?

Although I have only been practicing for about 3 years, I feel I am ahead of many of my colleagues with my surgical experience. Our practice is extremely busy and I have had great exposure to a wide variety of procedures. I take pride in the many successful operations we perform here at TFATB. I also recently became a homeowner. I'm quickly becoming pretty handy around the house and enjoy taking on new projects for home improvement.

### 5. You moved from the new York/New Jersey area to the Tampa Bay area. How has that change been for you?

Like I said, the transition has been just great. I honestly didn't think it would be so easy but I guess the great weather helps a lot. I couldn't imagine going back up north. *...continued on page 2*

## 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:  
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**Apollo Beach/  
Riverview Office**  
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Baycare Outpatient Center  
10141 Big Bend Road  
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Fax: (813) 788-7010

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

#### 6. How have you been spending your free time in the Tampa Bay area?

Although we are very busy at work, when I have some free time I enjoy discovering new places to eat, going to the beach, and working on my home. My fiancée and I also adopted a puppy about 6 months ago, so that definitely keeps us pretty busy as well. I also enjoy going to the gym and try to fit that into my day whenever possible.

## A 2017 Resolution You Can Keep: Take Care of Your Feet

The holidays are all about traditions. Did you watch the Times Square crystal ball drop or maybe enjoy a local fireworks show? Or did you celebrate with a quiet evening at home with family and friends?

Although we celebrate the New Year with many diverse traditions, there is one thing that most of us have in common - we make resolutions for the coming year. If you've resolved to take better care of your health, don't forget that foot health is a major wellness component.

Resolve to take good care of your feet in 2017 with these simple steps:

- Protect your feet with comfortable, sturdy shoes, boots and sandals. Save your flip-flops for poolside and the beach. Don't forget to apply sunscreen to your feet too.
- Clean your feet every day with soapy water and dry thoroughly, especially between the toes.
- Soothe after washing by applying a rich foot lotion or cream - but not between the toes. Moisturize toenails with cuticle cream or petroleum jelly.
- Invest in your feet with new, well made shoes with plenty of support. Shop later in the day when feet are largest and measure both feet each time. Give your toes plenty of wiggle room.
- Trim toenails straight across to prevent ingrown toenails - don't round at the edges.
- Check your feet every day, especially if you have diabetes. Look for foot fungus or any type of damage like cracked skin, abrasions or puncture wounds that are not healing.
- Stretch your feet and ankles along with the rest of your body to keep them flexible and help prevent injury.
- Put your feet up often during the day to help your circulation and take pressure off muscles and tendons.



For patients with diabetes, please add one more resolution. Come in to our office regularly - at least once a year - for a thorough checkup. It's important to check for neuropathy by testing for loss of sensation. We'll also assess your overall foot health and inspect your feet closely for any sign of injury. Left untreated, any foot damage can lead to serious problems in those with diabetes.

We wish all our patients and their families a very Happy and Healthy New Year!

## All About Toes

Our toes are engineering marvels of bone, tendons and muscles and they really take a beating! They are constantly exposed to injury with walking, running or just moving around. And the pressures inside our shoes can cramp the toes and lead to stress-related problems.

If you have toe discomfort, there are many different causes that we will look for. First we'll ask you what type of pain you have - is it a burning feeling or numbness? Sharp or dull? Does it get worse when you're walking or standing? ....continued on page 3



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## History FootNote

People make New Year's resolutions all over the world. The ancient Babylonians first made resolutions 4,000 years ago, promising to pay their debts and return any borrowed items!

## Celebrity Foot Focus

Point guard George Hill of the Utah Jazz was recently sidelined for at least one game due to a sprained big toe.

....continued from page 2 **All About Toes**

Here are a few common causes of toe pain:

- Ingrown toe nails where the nail cuts into the adjacent skin and often becomes infected.
- Bunions can form when the big toe is pushed up against the others. Bunions can be hereditary or can result from wearing tight, narrow shoes.
- Corns and calluses develop from excess friction and pressure on the skin.
- Arthritis, whether caused by wear and tear or rheumatoid arthritis, causes tenderness, stiffness and difficulty walking. Gout, a painful buildup of uric acid crystals in the joints, is a form of arthritis.
- Hammertoes and claw toes are abnormal bends in the toe joints caused by muscle imbalance. Poorly fitting shoes is often the cause for these painful deformities.
- Morton's neuroma is a nerve problem that causes pain between the toes caused by trauma or excessive pressure from tight shoes.
- Capsulitis causes pain and swelling in the toes or ball of the foot caused by inflammation of the ligaments.

Please come see us if you have persistent toe pain as these conditions will not go away by themselves.

## Word Search

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

## Joke of the month



Q: How do Eskimos make their beds?

A: With sheets of ice and blankets of snow.

## Trivia

*January has 31 days. How many other months also have 31 days?*

- A. Five
- B. Six
- C. Seven
- D. Eight

**Answer: C**

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

hereditary	resolution	sunscreen	arthritis
hammertoe	ligament	diabetes	muscle
toenail	callus	tendon	moisturize
bunion	neuroma	fungus	ankle
gout	corn	toe	



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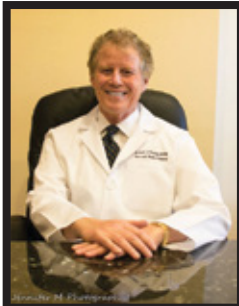
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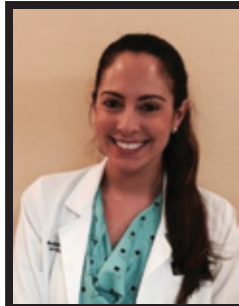
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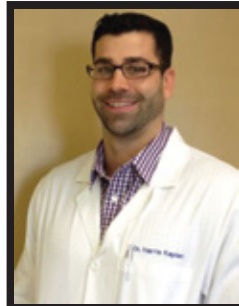
## Meet our Doctors



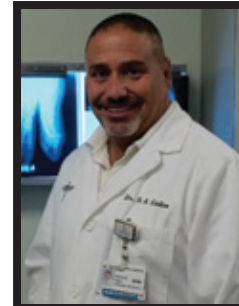
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