



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.

Harris E. Kaplan, D.P.M.  
Domenick A. Calise, D.P.M.

NEWSLETTER

OCTOBER 2017

www.mytampafoot.com

Page 1

October 2017, Vol 23

## In This Issue...

- ✓ Total Foot and Ankle of Tampa Bay Participated at the Fall Expo at Kings Point
- ✓ Can You Prevent Bunions From Getting Worse?
- ✓ 10 Weird and Strange Foot Facts
- ✓ Recipe of the Month: Healthy Chicken Salad

## Total Foot and Ankle of Tampa Bay Participated at the Fall Expo at Kings Point



Dr. Kaplan and the staff of Total Foot and Ankle of Tampa Bay participated in the Fall Expo at Kings Point on September 29. It was wonderful seeing so many of our patients and also meeting new "folks"! What a great event it was!

Please give us a call if we can help you in any way with any of your foot or ankle questions or concerns.

We are here to help YOU!!

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-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  
Wednesday:  
09:00 AM - 4:00 PM  
Thursdays:  
08:00 AM - 03:00 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  
Thursdays:  
11:30 AM - 3:30 PM

## Can You Prevent Bunions From Getting Worse?

Bunions are very common in the U.S. In fact, 23% of Americans age 18-65, and 35% of those over age 65, have at least one bunion.



A bunion is an enlarged big toe joint. This painful deformity can run in families and can also be caused by wearing shoes that are too narrow or even a foot injury. Patients with flat feet, inflammatory joint disease or arthritis are more susceptible to bunions.

With a bunion, the big toe can move out of place and push against the smaller toes. It may be painful to walk and difficult to find comfortable shoes. Because bunions protrude, the inside of your shoe will rub against it causing irritation and calluses.

### Treating Bunions

If you observe a bunion on your big toe joint or if you have pain in this area, especially when wearing shoes, please give us a call.

The first step in treating a bunion is to change your footwear so your toes have plenty of room. Then we will work to reduce your pain and relieve the pressure on your toes with:

- Custom-fitted orthotics to help stabilize and reposition the joint.
- Shoe padding to relieve inflammation and friction.
- A night-time splint that can help realign the joint.
- A cortisone injection to reduce inflammation.
- Special exercises for flexibility and mobility.

If these measures don't give you enough relief from the pain, we will discuss a bunionectomy where the bunion is removed and the toe is realigned.

### Keep Bunions from Getting Worse with These Tips

- Our feet flatten as we age and you may add a shoe size or two. Always have both feet professionally measured each time you shop for shoes.
- Choose shoes made of quality materials that fit well.
- Avoid footwear that crowds the toes, putting excess pressure on the joints. Narrow high heels are particularly problematic in causing and aggravating bunions.
- Select shoes with wide and deep toe boxes and flatter heels.
- Stay away from shoes that make your foot slide forward as these will jam your toes into the toe of the shoe.

Remember - bunions will not heal by themselves! Without proper treatment, this deformity will cause more pain and complications like chronic bursitis or arthritis may develop.

## Follow us...



[on Facebook](#)



[on Twitter](#)



[on our Blog](#)

[Visit our Website  
MyTampaFoot.com](#)

[Patient Portal  
Please Register](#)

[Request an  
Appointment](#)

## History FootNote

Hippocrates is believed to be one of the first practitioners of physical therapy in 460 BC, advocating massage, manual therapy techniques and hydrotherapy.

## Celebrity Foot Focus

Iman, Amal Clooney, Victoria Beckham and Oprah Winfrey are among the many celebrities who suffer from bunions.

## 10 Weird and Strange Foot Facts

As Halloween approaches and our thoughts turn to all things scary and bizarre, we thought you would enjoy our list of 10 weird and strange facts about your feet. Enjoy!

- Your foot and ankle are strong, mechanical structures with 26 bones as well as 33 joints and more than 100 muscles, tendons and ligaments.
- Most people have one foot that is larger than the other.
- Every time your heel lifts off the ground when walking, your toes are forced to carry one-half of your body weight.
- No wonder your feet sweat - there are 250,000 sweat glands in your feet!
- 75% of Americans will experience foot problems at one time during their lives.
- Women have 4 times as many foot problems as men - in part because of wearing high heels.
- The average person takes 8,000 to 10,000 steps every day. That adds up to about 115,000 miles over a lifetime - enough to circle the earth 4 times!
- Toenails and fingernails grow faster during hot weather, the teenage years and pregnancy.
- In an average day of walking, the total forces on your feet can add up to hundreds of tons - the equivalent of a fully-loaded cement truck!
- The record for the world's largest feet belongs to Matthew McGrory who wears U.S. size 28 1/2! The average men's size is 10 1/2.



## Recipe of the Month

### Healthy Chicken Salad

If you love chicken salad but don't like all the calories from mayo, here's a delicious alternative using Greek Yogurt and Sour Cream.

#### Ingredients

- 2 cups chicken breast, shredded or chopped
- ½ cup Nonfat Greek Yogurt
- ¼ cup Nonfat Sour Cream
- 1 tablespoon Mayonnaise
- ½ Gala Apple, chopped into small pieces
- 2 tablespoons Bell Pepper, diced fine
- 1 tablespoon Dill Pickle Relish
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon paprika



....continued on page 4

### Joke of the month



Q. What did the teenage witch ask her mother on Halloween?

A. Can I have the keys to the broom tonight.

### Trivia

*What's the best water temp for soaking tired feet?*

- A) Extra-hot
- B) Warm
- C) Cold
- D) Alternating cold and warm

**Answer: D.**

Swelling in the feet is best relieved by alternating several times between cold and warm water 15 minutes with each temperature. The alternating temperatures constrict and dilate the blood vessels that helps reduce swelling.

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

- ½ teaspoon salt
- ½ teaspoon black pepper

**Instructions**

1. In a large bowl, mix together all ingredients until well blended.
2. Adjust salt and pepper as needed.
3. Serve with bread, crackers or vegetables.

*Recipe courtesy of youbrewmytea.com*

*Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.*



**Total Foot and Ankle of Tampa Bay**

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

**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

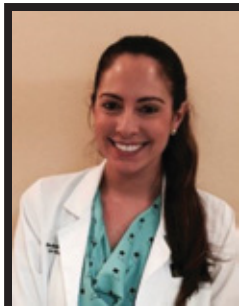
**Sun City Center Office**  
 936 Cypress Village  
 Blvd. Suite B Sun City Center  
 FL 33573 Ph: (813) 633-5900  
 Fax: (813) 788-7010

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

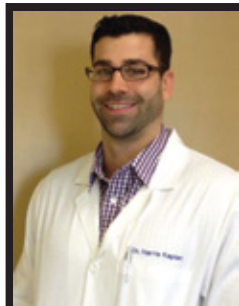
**Meet our Doctors**



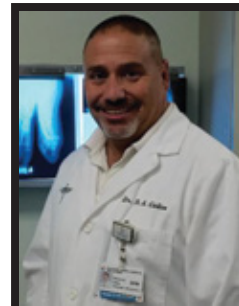
**Robert J. Valins**  
D.P.M.



**Maria B. Walshe**  
D.P.M.



**Harris E. Kaplan**  
D.P.M.



**Domenick A. Calise**  
D.P.M.