



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

AUGUST 2017

www.mytampafoot.com

Page 1

August 2017, Vol 22

In This Issue...

- ✓ Children's Foot Health: 3 Common Deformities
- ✓ Leave Toenail Fungus and Athlete's Foot at the Pool!
- ✓ August Is MedicAlert Month
- ✓ To Our Patients:
- ✓ Recipe of the Month: Summer Shrimp Ceviche

Children's Foot Health: 3 Common Deformities

As parents, we tend to worry about our child's growth - is it normal? Should I ask a doctor about something that is worrying me?



When it comes to your child's foot health, it's a good idea to keep an eye on your child's feet and walking pattern. Although some growth milestones may be completely normal for your child, don't dismiss certain foot disorders in the belief that they will be outgrown. Some foot, knee, hip and back problems that surface in adulthood could have been prevented with childhood evaluation and treatment.

Here are a few of the most common child foot deformities and how to handle them:

- **Club foot** is usually present from birth and easily recognizable where the foot points downward or upward or rotates up. This painless condition can later result in disability if not promptly treated right after birth. Treatments include casting or splinting to gradually move the foot into its proper position. Sometimes a tight Achilles tendon must be lengthened. If no improvement is noted, surgery may be indicated.
- **Intoeing** presents as the lower leg bone tilting inward, when the thigh bone tilts as well as by a curvature of the foot. Being cramped in the womb can cause this deformity and there may be a family connection too. A child may also exhibit **outtoeing** where the toes point outwards. Most children outgrow both these conditions. In a small number of cases, intoeing or outtoeing can signal a neuromuscular condition.

....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

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
Thursday:
08:00 AM - 03:00 PM
Friday:
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:
Monday:
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
Thursday:
11:30 AM - 3:30 PM

...continued from page 1 **Children's Foot Health: 3....**

- **Flat feet** is also common in children, as most children are born with very little arch. This is called flexible flat foot and your child may have no symptoms at all, or may experience pain or cramping, changes in walking or difficulty with shoes. Custom fitted orthotics can help even if there is no pain. Changing shoes and activities along with physical therapy can ease the child's pain.

You know your child! You can tell when something is going on with their feet or gait or when your child seems reluctant to participate in physical activities. Please come and see us if you have any concerns about your child's foot health - we are happy to help!

Leave Toenail Fungus and Athlete's Foot at the Pool!

Wherever your travels take you this summer - or even quick day trips - don't bring anything home more than a phone full of selfies. In other words, keep contagious foot fungal infections away!



Toenail Fungus

This nasty organism loves moist, warm environments like swimming pools, spas and showers. The fungus gets into your skin through tiny cuts or the small separation between your toenail and the nail bed. Warm, sweaty shoes are the perfect place for a nail fungus to thrive.

Check your toes regularly and look for anything unusual such as a color change, thickening, becoming ragged or brittle or being distorted. If you see anything unusual, please come in and have your feet evaluated.

Prescription oral drugs and medicinal creams can help clear up the fungus. To prevent its recurrence, keep your feet clean and dry and wear dry socks and shoes. Always protect your feet in public areas like pools and spas with shower shoes or flip flops.

Athlete's Foot

Athlete's foot is a fungal infection that begins in the toe area. This scaly rash is itchy and can be painful too. It is very contagious and can be spread not only through contact on the floor but also from contaminated clothing and towels.

Treatment is necessary for persistent athlete's foot as this infection can spread to hands, toes and even the groin area. Over the counter lotions, sprays and powders may work but please come and see us for a persistent infection. We will prescribe oral medication to get at the infection from inside.

Keep athlete's foot away by making sure your feet are always dry as well as shoes and socks. Don't go barefoot in public places and never share towels or shoes.

Follow us...



[on Facebook](#)



[on Twitter](#)



[on our Blog](#)

[Visit our Website
MyTampaFoot.com](#)

[Patient Portal
Please Register](#)

[Request an
Appointment](#)

History FootNote

Around 400 B.C., the Greek physician Hippocrates recommended treating club foot from birth and with graduated manipulations - remarkably similar to today's treatments.

Celebrity Foot Focus

Gwyneth Paltrow recently collided with a sofa while rushing around packing her son's overnight bag and broke her foot. The actress confessed that she has broken her toes 8-10 times - ouch!

August Is MedicAlert Month

Do you or a family member have a medical condition or allergy that an emergency medical professional should know about? August is MedicAlert Month sponsored by the MedicAlert Foundation. Wearing a medical ID bracelet can lead to faster and more effective medical treatment when you need it and can reduce treatment errors.



A medical ID can save your life and the lives of those you love. Visit the MedicAlert Foundation website to learn more about this service.

To Our Patients:

For your convenience and in order to route your calls to the proper personnel more effectively, we now have a new phone system in place. When you call our offices you will now hear a message that gives you options based on which department you need. Please listen carefully and select the appropriate option and we will immediately take care of your call.

We are always aiming to provide the best service and care to you, our patients!!

Thank you

Recipe of the Month

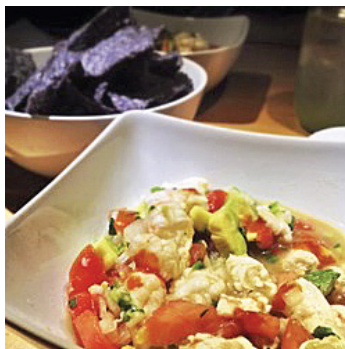
Summer Shrimp Ceviche

Here's a healthy appetizer recipe for your next party. It may seem like it makes a lot, but it goes fast! Serve with tortilla chips or a healthy alternative.

Ingredients

- 1 pound peeled and deveined medium shrimp
- 1 cup fresh lime juice
- 10 plum tomatoes, diced
- 1 large yellow onion, diced
- 1 jalapeno pepper, seeded and minced, or to taste
- 2 avocados, diced
- 2 ribs celery, diced

....continued on page 4



Joke of the month



What did you learn in school today, son?

Not enough, dad. I have to go back tomorrow.

Trivia

What is the longest metatarsal bone?

- A. 1st
- B. 2nd

Answer: B

The second metatarsal bone is a long bone in the foot. It is the longest of the metatarsal bones, being prolonged backward and held firmly into the recess formed by the three cuneiform bones.

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

- chopped fresh cilantro to taste
- salt and pepper to taste

Directions

1. Place shrimp in a glass bowl and cover with lime juice to marinate (or 'cook') for about 10 minutes, or until they turn pink and opaque. Meanwhile, place the plum tomatoes, onion, jalapeno, avocados and celery in a large, non-reactive bowl (stainless steel, glass or plastic).
2. Remove shrimp from lime juice, reserving juice. Dice shrimp and add to the bowl of vegetables. Pour in the remaining lime juice marinade. Add cilantro and salt and pepper to taste. Toss gently to mix.

Recipe courtesy of Allrecipes.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

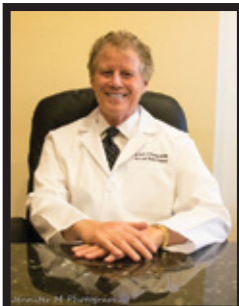
Zephyrhills Office
 6326 Fort King Rd
 Zephyrhills, FL 33542
 Ph: (813) 788-3600
 Fax: (813) 788-7010

**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

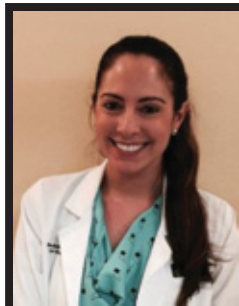
Sun City Center Office
 936 Cypress Village
 Blvd. Suite B Sun City Center
 FL 33573 Ph: (813) 633-5900
 Fax: (813) 788-7010

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

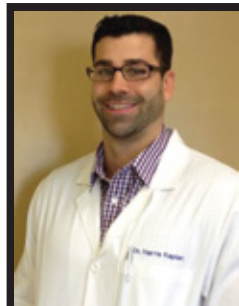
Meet our Doctors



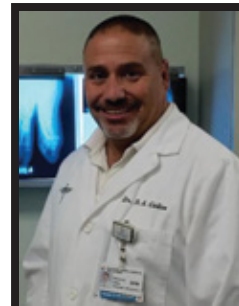
Robert J. Valins
D.P.M.



Maria B. Walshe
D.P.M.



Harris E. Kaplan
D.P.M.



Domenick A. Calise
D.P.M.