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Total Foot and Ankle of Tampa Bay

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NEWSLETTER

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www.mytampafoot.com

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TO ALL OF OUR PATIENTS AND FRIENDS AT
TOTAL FOOT AND ANKLE OF TAMPA BAY

We wish everyone the very best as we all recover from Hurricane Irma. We were so very blessed that she did not cause the devastation to the Tampa Bay area that was predicted.

We send everyone strength and love as we all recover and move forward!

Tips for Smart Back-to-School Footwear Shopping

School is back in session and it's time for a trip to your favorite shoe store for those all-important back-to-school shoes.

Your child may be begging for the latest trendy shoes - how about Cars 3 or Lego Batman or even Smurf shoes? But be firm! Use common sense when selecting school shoes, no matter how your child pleads with you. You **can** find shoes that are comfortable, durable **and** stylish!
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Request an Appointment

Our Offices

Zephyrhills Office
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Monday-Friday:
09:00 AM - 05:00 PM

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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
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Mondays:
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**Apollo Beach/
Riverview Office**
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Wednesday:
09:00 AM - 04:00 PM
Thursdays:
11:30 AM - 3:30 PM

...continued from page 1 **Tips for Smart Back-to-School...**

Our Top Back-To-School Shoe Shopping Tips

- Check your child's school dress code first in case sandals are frowned upon or whether uniforms require specific shoes.
- Shop at reliable shoe stores with assistants who can measure your child's feet.
- Plan your shopping trip for later in the day when feet are largest. Have both feet measured and always buy for the largest size.
- Make sure that shoes fit comfortably - with about 1/2" room between the toe tips and the shoe - but not too big. It's a mistake to buy shoes with "room to grow" as the arch of the shoe won't match the foot's arch.
- Bring your child's own socks for trying on shoes, or purchase new, cushioned socks for real comfort.
- Children should have 2 pairs of school shoes to be worn on alternate days.
- Look for quality materials like suede, canvas and leather that keep their shape and last longer.
- Check that shoes are flexible and bend easily.
- Toes and heels should be level with the ground.
- Watch while your child tries on the shoes. The heel should not slip up and down.
- Slipper styles are not appropriate for younger children. Select shoes that tie or with straps across the foot for playground safety.

Equip Your Child with the Right Athletic Shoe

- Outfit your young athlete with the right athletic shoe for each sport. For example, tennis shoes support side-to-side moves while running shoes cushion the foot for forward movement.
- Choose acrylic socks to wick away moisture.
- Only buy cleats with multiple cleats on the heel. Reduce the risk of ankle and knee injuries for younger children by selecting shorter cleats, no more than 1/2" tall.

Whether school or athletic shoes, avoid letting your child re-use second-hand shoes. These will have molded to the prior owner's feet and will never properly fit your child.

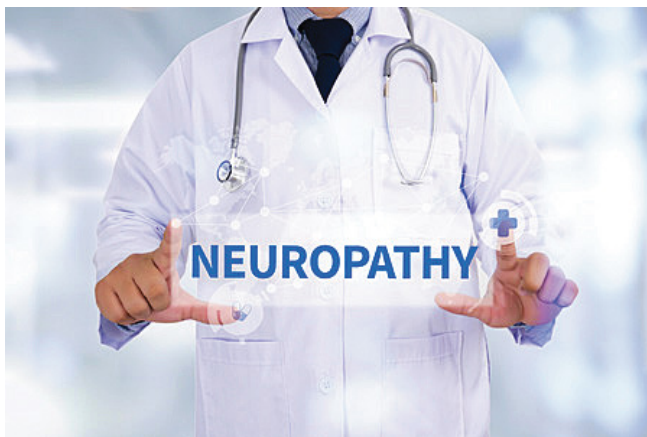
Neuropathy from Diabetes Can Severely Damage Your Feet

Patients with diabetes are particularly susceptible to serious foot problems, and neuropathy is one of the reasons.

Neuropathy, or nerve damage, can occur from prolonged exposure to high blood glucose levels such as when diabetes is not well managed. Peripheral neuropathy, or nerve damage in the extremities such as the feet, legs and hands, is the most common diabetes complication.

Symptoms of neuropathy include:

- Numbness
- Tingling
- Prickling
- Burning
- Cold
- Stabbing pain
- Loss of sensation



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History FootNote

Mary Janes, or children's shoes with a strap over the instep that fastens with a buckle or button, go back to the early 20th century when they were fashionable footwear for both boys and girls.

Celebrity Foot Focus

Because small feet were considered more ladylike, Rita Hayworth squeezed her feet into children's shoes to make her footprints at the TLC Chinese Theater (formerly Grauman's Chinese Theater) in 1942.

....continued from page 2 **Neuropathy from Diabetes....**

Symptoms usually begin gradually and you may not even notice if you are losing sensation in your feet. As the neuropathy worsens, you may experience muscle weakness and even balance problems.

But neuropathy is not just annoying. The danger for those with diabetes is that you may not feel pain, heat or cold in your legs and feet. If you get a sore or cut on your foot, or if your shoe is damaged or doesn't fit properly, you won't feel it and may develop a foot injury.

Poor blood circulation is another common complication from diabetes when the blood vessels narrow and harden. Together, neuropathy and poor circulation create a serious situation if you have even a small injury on your feet. You may not feel it because of neuropathy and, with poor blood circulation, it may not heal properly and worsen into a dangerous ulcer that can even lead to amputation.

Please come in for a complete foot examination at least once a year if you have diabetes. We have the right expertise to find early signs of foot damage and begin treatment right away so it doesn't worsen.

Recipe of the Month

Mini-Smoked Salmon Frittatas



A perfect brunch dish, these smoked salmon frittatas are as impressive as they are tasty. Bake and serve in mini ramekins with a side of fresh fruit and juice.

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1/4 cup diced onion
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 4 ounces smoked salmon, cut into 1/4-inch pieces
- 6 large eggs
- 8 large egg whites
- 1 tablespoon half-and-half
- 3 tablespoons 1% milk
- 3 ounces 1/3-less-fat cream cheese, cubed
- 2 tablespoons scallions, thinly sliced, for garnish

Directions

Step 1

Preheat oven to 325°. Heat oil in a nonstick skillet. Sauté onion 2–3 minutes or until soft; add salt, pepper, and salmon. Remove from stovetop; let cool.

....continued on page 4

Trivia

We are born with arches, and our feet flatten as we grow older.

- A True
- B. False

Answer: B False

Although our feet can flatten as a result of fallen arches as we age, we do not actually have arches when we are born. Babies only develop these later in life, and adults lose them by not wearing the right footwear.

Joke of the month

Dad: "Can I see your report card, son?"
 Son: "I don't have it."
 Dad: "Why?"
 Son: "I gave it to my friend. He wanted to scare his parents."

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

Step 2

Combine the next 4 ingredients (through milk) in a bowl. Stir in the cream cheese. Lightly coat 6 (8-ounce) ramekins with cooking spray. Add 2 tablespoons of salmon mixture to each ramekin. Pour 3/4 cup egg mixture into each ramekin. (Do not overfill.)

Step 3

Place ramekins on baking sheet; bake 25 minutes or until a wooden pick inserted in center comes out clean. Garnish, if desired.

Recipe courtesy of www.health.com

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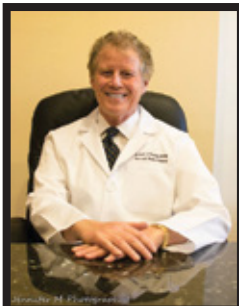
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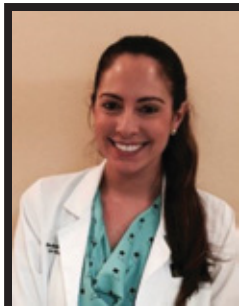
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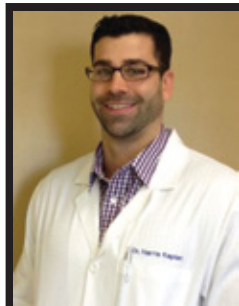
Meet our Doctors



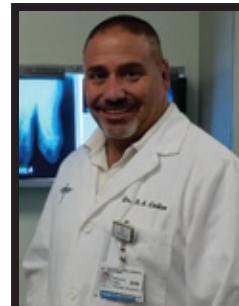
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