



July 2025



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Accepting New Patients

We are accepting new patients at all of our office locations! If you have a foot or ankle problem, we are here to help!

We do **TOTAL ANKLE REPLACEMENTS!**

Book Your Appointment Today!

Minimal Incision Bunion Correction

Ask us about the latest treatment in bunion surgery - *minimally invasive bunionectomy.*

This is a game changer for the treatment for painful bunions. Because the incisions are so small, patients undergoing this procedure are experiencing less swelling, less pain and a faster recovery.

Get back on your feet again quickly!

We are now offering advanced skin grafting techniques for difficult to heal wounds.

We're pleased to Welcome Dr. Firas Katmeh to the Total Foot and Ankle of Tampa Bay Team!

Dr. Firas Katmeh is a highly skilled and compassionate podiatric physician and surgeon. He brings a strong background in academic excellence and hands-on clinical experience, offering a comprehensive, patient-centered approach to foot and ankle care. He will be seeing patients in both our Wesley Chapel and Zephyrhills locations.

To learn more about Dr. Katmeh, please visit our website: mytampafoot.com

Call our office today to make an appointment with Dr. Katmeh: **(813) 788-3600**



FEATURED ARTICLES

3 Common Foot Issues in Children



Children are constantly growing and developing, and their feet are no exception! However, many parents overlook early foot problems, thinking kids will "grow out of it." In reality, untreated foot issues in childhood can lead to long-term discomfort and mobility challenges.

[Click Here to Read More](#)

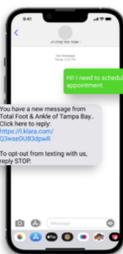
Why Are My Feet Swelling in the Heat?

Summertime means longer days and fun in the sun, but with the rise in temperatures often comes an uncomfortable side effect: swollen feet and ankles. While this may seem like a minor inconvenience, persistent or painful swelling shouldn't be ignored.



[Click Here to Read More](#)

Quickly start a conversation by sending us a text message!



To reach us, text the number below from your cell phone. We'll send you a link where you can easily view our reply. You won't have to stay on hold or wait for us to call you back.

You may always contact us by text, but please use our web chat platform to send confidential information or images. Our easy-to-access chat platform is more secure than text message.

Send us a text here:

813-652-0354

You can also chat with us on our website:

www.totalfootandankle-tampabay.com

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RECIPE OF THE MONTH



PEACH, TOMATO & CORN ARUGULA PASTA SALAD

[CLICK HERE FOR THE FULL RECIPE](#)

Recipe courtesy of ambitiouskitchen.com

THIS MONTH IN JULY

INTERESTING DATES

JULY

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

- 4 Independence Day
- 7 Global Forgiveness Day
- 11 All American Pet Photo Day
- 20 National Ice Cream Day
- 25 National Hire A Veteran Day

HISTORICAL FACTS

- ★ **July 1, 1874 – First U.S. Zoo Opens** - The Philadelphia Zoo opens to the public. The first official zoo in the United States helping foster love and education about wildlife.
- ★ **July 5, 1994 – Amazon Founded** - Jeff Bezos officially incorporates Amazon.com in Washington state. It begins as a humble online bookstore and revolutionizes shopping forever.
- ★ **July 12, 1970 – First "Pet Rock" Prototype Created** - An ad executive jokingly invents the Pet Rock. It becomes a short-lived but wildly successful U.S. novelty toy and pop culture phenomenon.
- ★ **July 25, 1978 – First U.S. IVF Baby Born** - Following a global breakthrough, the first American "test-tube baby" is born, bringing hope to families struggling with infertility.

MEET OUR DOCTORS



MARIA B. WALSH, D.P.M.



DOMENICK A. CALISE, D.P.M.



ENDRI AFESLLARI, D.P.M.



BRET C. MUSSER, D.P.M.



SALIL DESAI, D.P.M.



FIRAS KATMEH, D.P.M.

[Read More Here](#)

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