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Total Foot and Ankle of Tampa Bay

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NEWSLETTER

FEBRUARY 2021

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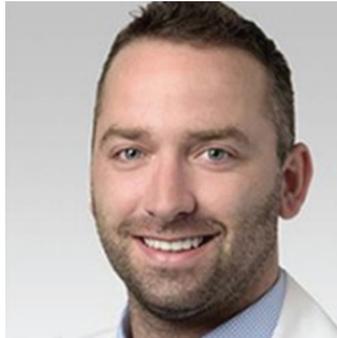
February 2021, Vol 63

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WE WELCOME BRET MUSSER, D.P.M. TO OUR PRACTICE!

Dr. Bret Musser practiced for three years in Chicago before moving to the Tampa Bay area. He is proud to join the exceptional team at Total Foot and Ankle of Tampa Bay. Dr. Musser is Board Certified by the American Board of Foot and Ankle Surgery. He completed his residency at Weiss Memorial Hospital/Cook County Health System in Chicago with extensive training in foot and ankle reconstructive surgery as well as all other facets of foot and ankle medicine. He received his medical education and certificate in Health Administration from Rosalind Franklin University of Medicine and Science and received his undergraduate degree in Biology from the University of Missouri.



Dr. Musser specializes in comprehensive care of the foot and ankle including sports related injuries, fractures, tendon/ligament injuries, arthroscopic foot and ankle surgery, flat feet, heel pain, pediatrics, bunions, hammertoes, primary podiatric care, and wound care. Dr. Musser is an advocate of individualized care by setting personalized goals to get you back on your feet faster and improving your outcomes.

Dr. Musser was born and raised near Kansas City, Missouri where he was a 5-time Missouri All-State track and cross-country athlete as well as an AAU All American in cross-country. He went on to run track and cross-country in college where he was All-Regional and an Academic All-American. In his free time, Dr. Musser enjoys running and staying active, traveling with friends, and exploring great restaurants. He is also an avid Kansas City and Mizzou sports fan.

Dr. Musser will be joining Total Foot and Ankle of Tampa Bay in March 2021.

We are so excited to have him join our team! Welcome Dr. Musser!

Request an
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Our Offices

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

Office Hours:
Monday:
9:00 AM - 5:00 PM
Tuesday:
8:00 AM - 5:00 PM
Wednesday:
9:00 AM - 5:00 PM
Thursday:
8:00 AM - 5:00 PM
Friday:
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Sun City Center Office
936 Cypress Village
Blvd. Suite B Sun City Center
FL 33573 Ph: (813) 633-5900
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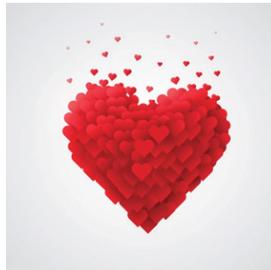
Office Hours:
Tuesday:
8:00 AM - 4:00 PM
Wednesday:
8:00 AM - 4:00 PM
Thursday:
9:00 AM - 3:30 PM
Friday:
9:00 AM - 3:30 PM

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

Office Hours:
Tuesday:
8:00 AM - 3:30 PM
Friday (alternate):
1:00 PM - 4:00 PM

You Gotta Have Heart!

February is American Heart Month. A healthy heart positively impacts the health of your feet and the rest of your body. What's the connection between heart and sole?



- Heart disease can cause circulatory dysfunction. Poor circulation to legs, feet, and toes means wounds are slower to heal which can lead to infection and even amputation.
- A healthy heart enables you to be active, and being active improves the condition of your heart. An active lifestyle is also a key component of weight control. Carrying excess weight is both a cause and an exacerbating factor in many common podiatric disorders.

Symptoms of Poor Circulation

It's important to recognize the signs that indicate potential heart problems. Pain, burning, achiness, or fatigue in the muscles of your thighs, calves, or feet—particularly if you notice the symptoms when you're active and they subside when you're at rest—are one indicator. Other changes to look for include:

- Swelling in your feet or lower legs
- Hair loss on toes or legs
- Numbness
- Changes in skin color or temperature of your legs and feet

You must get the above symptoms evaluated by your podiatrist promptly.

Heart-Healthy Habits

There are many ways to be pro-active about the health of your heart. Making positive lifestyle changes and eliminating harmful habits can greatly decrease your risk of developing heart disease. Make your heart happy by:

- Quitting smoking
- Maintaining a healthy weight or losing weight if you are carrying excess pounds.
- Eating a nutritious diet that emphasizes fresh fruits and vegetables, whole grains, and lean protein.
- Exercising regularly—strive for 150 active minutes a week.

A healthy heart and healthy feet go hand in hand to help you live the active life you love!

3 Surprising Reasons for Heel Pain

One of the most common reasons that patients seek help from a podiatrist is heel pain. There are plenty of conservative methods for treating heel pain, but the first step is tracking down the source of the discomfort. In many instances, the cause of the pain will dictate the best course of treatment. Below are three reasons for hurting heels that may not be immediately obvious.



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**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:
Monday:
9:00 AM - 4:00 PM
Wednesday:
9:00 AM - 4:00 PM

**Baycare/Bloomingdale
HealthHub Office**
2440 Bloomingdale Avenue
Valrico, FL 33596
Ph: (813) 633-5900
Fax: (813) 788-7010

Office Hours:
Monday: 9:00am - 4:00pm

Celebrity Foot Focus

Foot and ankle injuries are all the rage in Hollywood these days. The end of 2020 and the beginning of 2021 saw many celebrities falling victim to foot trauma – literally! Hilaria Baldwin fell and broke her ankle while running and side-stepping an on-coming car. Catherine Zeta-Jones was putting up Christmas decorations and broke her foot after dropping a sculpture on it. Kelly Clarkson injured her ACL after running in high heels on her way to her daytime talk show. Singer Pink fractured her ankle while running downstairs to view the Christmas star. Lastly, Teddi Mellencamp of the Real Housewives of Beverly Hills fractured her foot while playing pickleball. There might be a shortage of walking boots and orthopedic braces in Tinseltown right now!



Recipe of the Month

Three Bean and Beef Chili

This comforting, heart-healthy chili is perfect for cold February days. Use ground turkey or chicken for an even leaner option.

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced (1 cup)
- 1 red bell pepper, diced (1 cup)
- 2 carrots, diced (1/2 cup)
- 2 teaspoons ground cumin
- 1-pound extra-lean ground beef (90 percent lean)
- One 28-ounce can crushed tomatoes
- 2 cups water
- 1 chipotle chile in adobo sauce, seeded and minced
- 2 teaspoons adobo sauce from the can of chipotles
- 1/2 teaspoon dried oregano
- Salt and freshly ground black pepper
- One 15.5-ounce can black beans, drained and rinsed
- One 15.5-ounce can kidney beans, drained and rinsed
- One 15.5-ounce can pinto beans, drained and rinsed



Directions

1. Heat the oil in large pot or Dutch oven over moderate heat. Add the onion, bell pepper and carrots, cover and cook, stirring occasionally until the vegetables are soft, about 10 minutes. Add the cumin and cook, stirring, for 1 minute.
2. Add the ground beef; raise the heat to high and cook, breaking up the meat with a spoon, until the meat is no longer pink.
3. Stir in the tomatoes, water, chipotle and adobo sauce, oregano and salt and pepper. Simmer, partially covered, stirring from time to time, for 30 minutes.
4. Stir in the beans and cook, partially covered, 20 minutes longer. Season, to taste, with salt and pepper.

Recipe courtesy of Ellie Krieger

Trivia

Athlete's foot is caused by bacteria found in places such as gyms, locker rooms, and nail salons.

- A. True
B. False

Answer: False

Explanation:

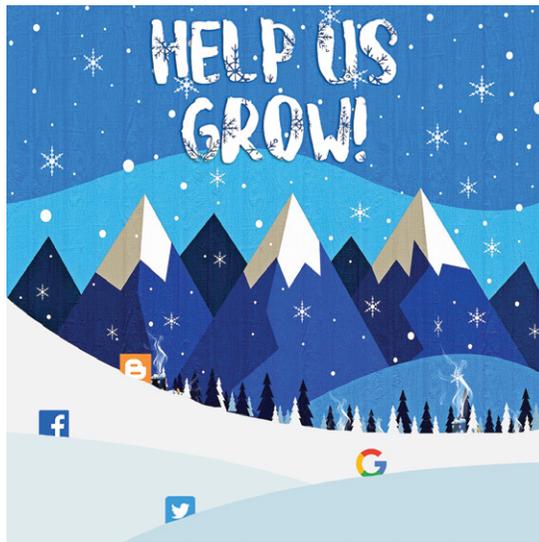
Athlete's foot is caused by a fungus, not bacteria. The medical name for athlete's foot caused by a fungus is tinea pedis and can be contracted in many locations, including gyms, locker rooms, swimming pools, nail salons, airport security lines, from contaminated socks and clothing, and from direct person-to-person contact. Another colorful name for this condition is "jungle rot," often used by members of the armed services serving in tropical climates.

Foot Funnies



Q: What did they say about the couple who had the same shoe size?

A: They were sole mates.



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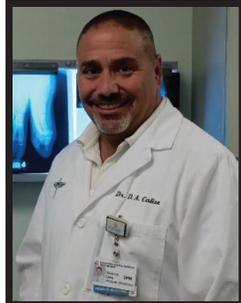
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Meet our Doctors

				
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