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Total Foot and Ankle of Tampa Bay

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NEWSLETTER

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A message from Dr. Valins, Dr. Calise, Dr. Walshe, Dr. Afesllari and staff

During this challenging time, Total Foot and Ankle remains open to serve you, our important patients. In order to keep our office space safe for you and for our staff, we are requiring everyone, patients, and staff, to wear a mask. In addition, we are screening all patients before permitting them to come in for an appointment. We are rigorously cleaning throughout the day. We are following all precautions set forward by the CDC. You may keep your scheduled appointment in good confidence. However, if you choose to reschedule, please call us and we will figure it out with you. As always, we are here to take the best care of you in the safest environment possible. Stay well, stay safe, remember to wear a mask and to social distance. We care about you.

Avoid Mower Accidents this Summer

If someone suggested mowing your lawn with bare feet, you'd probably reject that idea as unsafe. And yet, each year over 80,000 people land in the emergency room with a mower related accident, including those who were mowing without shoes. Oftentimes these injuries are the result of an unwise spur of the moment decision. Consider these scenarios:



Father of the Year—Your young child loves spending Saturday time with you and begs for a ride on the lawn mower. It's hard to resist those pleas and you tell yourself it'll just be for a few minutes and you'll go really slowly.

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Request an Appointment

Our Offices

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

Office Hours:

Monday:
9:00 AM - 5:00 PM
Tuesday:
8:00 AM - 5:00 PM
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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:
8:00 AM - 4:00 PM
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8:00 AM - 3:00 PM
Thursday:
7:30 AM - 2:30 PM
Friday:
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Wesley Chapel Office

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FL 33544
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Office Hours:

Tuesday:
8:00 AM - 3:00 PM
Friday 1:00PM-4:00PM

....continued from page 1 **Avoid Mower Accidents this....**

It only takes a second for a squirmy child or a bump in the lawn to cause a slip off the lap and into the way of harmful mowing blades whirling at over 3,000 rotations a minute. In fact, children under 14 are one of the age groups at the highest risk for mower accidents (the other is adults over 44). Make it an unbreakable rule that there are no rides on mowers and children should know never to approach you while you are mowing.

The Perfect Host—It rained last night but your family barbecue begins at noon and you want your lawn looking its absolute best for your guests. You've got to get started even though it's not completely dry or you won't finish on time.

Losing control of a power mower on wet, slippery grass is a primary cause of lawn mowing accidents. Plan ahead and mow the day before an event. Even when it doesn't rain, the grass is wet in early morning hours from dew.

Gotta' Mow, Gotta' Go—You've got a tee time for golf lined up, but you really want to get the lawn done first. You shortcut it by skipping the picking up sticks pre-mow routine.

Sticks, rocks, small toys, and other debris on your lawn can be shot out as dangerous projectiles from your mower with three times the kinetic energy of a .357 handgun. In addition to making sure your yard is clear before you mow, you should always keep a clip bag attached to your mower if you have one.

More Safety Tips

- At the start of the season, have your mower serviced and check to make sure it's working properly.
- Do not pull a running mower backward.
- Always mow hills carefully back and forth, not up and down.
- Store mowers in a safe place that's inaccessible to children. Mowers stay hot for a long time after you're done, and sharp blades can easily cut prying fingers.
- If you do sustain a minor cut from your mower, be sure you stop and clean it immediately and apply an antibiotic ointment and bandage.

Do's and Don'ts for Protecting Your Feet from Fungal Infections

Summer is the season when adults and children are most likely to kick off their shoes and walk barefoot. Walking barefoot leaves your feet vulnerable to fungal infections such as athlete's foot, fungal toenails and warts which are all spread by direct contact. What's more, most of these infections thrive in damp places, like the decks surrounding pools, seaside changing areas and public restrooms.



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**Apollo Beach/
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Wednesday:
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**Baycare/Bloomingdale
HealthHub Office**
2440 Bloomingdale Avenue
Valrico, FL 33596
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MyTampaFoot.com

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Request an
Appointment

....continued from page 2 **Do's and Don'ts for Protecting....**

Social distancing doesn't reduce the risk of fungal foot infections—it's not about how close you are to someone, it's about whether your feet have come in contact with a surface that someone who has an infection was also in contact with. Following the tips below can greatly reduce your chances of contracting a fungal infection.

Do: keep your feet covered, especially if you are in a public place or even a home setting where multiple people from different families are walking barefoot. This is one of the few good uses for flip flops, which are easy to slip off when you're ready to dive in the pool.

Don't: share items that touch other people's feet. Stepping on surfaces where fungi lurk is not the only path of transmission. Shoes, socks, towels, soap—can all be sources of infection if used by someone who has a fungal condition.

Do: wash your feet every day with soap and water. But, more importantly, be sure to dry your feet completely after bathing. Athlete's foot often starts between the toes because residual moisture plus the warmth of being in socks creates a petri dish for fungus to grow.

Do: schedule an appointment with your podiatrist if you notice red, itchy, dry skin, blisters, a rash or other abnormality in the skin of your feet. Left untreated, fungal infections can lead to a secondary bacterial infection as well. Fungal infections can also spread to other parts of your body.

Don't: allow a child who has a fungal infection to sleep in the same bed with another family member. It's also a good idea to make sure they shower in a separate bathroom or that you clean the shower floor with a bleach spray after he or she uses it until the infection clears up.

Let's Staycation!

Although the coronavirus may have altered many people's plans, it doesn't mean summer vacation is cancelled! Focus on what you can do in your own locale. You'll be surprised at the options you can find close to home. Be sure to give your staycation the same respect you'd give any vacation: set an away message for your email, let friends know you'll be "away" and resist the temptation to respond to texts and calls the way you normally would. Unplug!



What you do during your staycation will depend on your family's ages, interests and abilities but below are a few options to get you started.

Take a Trip Virtually. Thanks to the pandemic, there are more virtual options than ever for travel fans. Google Arts and Culture provides countless opportunities to explore sites around the world.

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History FootNote

Around 1960, newborn footprints, along with a mother's fingerprints, became part of the hospital's records as a requirement by states to help prevent mix-ups in hospital nurseries. Now however, instead of ink and paper, it is done digitally with a series of photographs that are saved in a secure database.

Celebrity Foot Focus

The celebrity imprints in front of the TCL Chinese Theatre Imax are part of Hollywood legend. But did you know that they are not always handprints and that they are not always human? In 1938, ventriloquist Edgar Bergen pressed the tiny feet and monocle from one of his dummies into cement. Roy Rogers brought his horse (Trigger) to his 1949 imprint, as did Western actors Tom Mix and Gene Autry. Additionally, Don Knotts and Dean Jones helped the Volkswagen Beetle car from "The Love Bug" roll its tires across the wet cement in 1977.

....continued from page 3 **Let's Staycation!**

At Museum Visits (<https://artsandculture.google.com/project/streetviews>) you can tour the Louvre or the Metropolitan Museum of Art with panoramic 360-degree videos all from the comfort of your living room. Virtual tours of aquariums, zoos and practically any other attraction you can think of are available if you search online. Make a day of it by planning a themed menu and learning about the culture of the area you plan to "visit."

Play Tourist at Home. It's cliché but true: we all have attractions in our own area that we never think of or find time to visit. If your friends or family were coming from out of state, where would you take them? What would you highlight in your hometown? Now's the time to check out these attractions on your own. Create a scavenger hunt for your children and have them pick up clues around town that teach about the historical and cultural offerings of your community.

Enjoy Natural Wonders. Thank goodness sunshine and fresh air are still safe choices! This is the summer to check out state parks, hiking trails, lakes, and other sites of natural beauty in your area. Some states offer a park "passport" that gives you details of all the state parks and give a stamp or some validation as you visit each one.

Whatever you choose, enjoy your staycation, and take lots of photos to remember your adventures. After all, vacation is really about spending time with the people you love.

Recipe of the Month

Chipotle-Mango BBQ Chicken

A Chipotle-Mango flavored marinade packs a punch in this grilled chicken recipe, perfect for grilling season. This BBQ dish is savory, sweet and screams summer!

Ingredients

- 1 1/2 cups mango, peeled, pitted and roughly chopped
- 3/4 cup fresh cilantro (loose pack, not chopped, stems and all)
- 2 tablespoons fresh lemon juice
- 2 tablespoons unseasoned rice wine vinegar
- 1 tablespoon canola oil, plus extra for grill
- 4 cloves garlic, peeled
- 2 chipotle peppers in adobo, plus 1 tablespoon adobo sauce
- 2 teaspoons kosher salt
- 1 teaspoon freshly cracked black pepper
- 2 pounds chicken thighs and drumsticks, bone in, skin on



Directions

1. Put the mango, cilantro, lemon juice, vinegar, oil, garlic, chipotle, salt and pepper in a food processor and puree until smooth. Adjust seasonings to taste.

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Foot Funnies



What is made of leather, a foot long, and sounds like a sneeze? A shoe.

Trivia

Which can be a symptom of athlete's foot?

- A. Itching or burning on skin of feet
- B. Rash on feet
- C. Blisters on feet
- D. Thick or crumbling toenails
- E. All of the above

Answer: E. All of the above.

The affected area may also develop cracks in the skin or inflammation. The primary site on the foot for this infection is between the toes, but it may also occur on the heels. The infection may also affect the palms and fingernails.

....continued from page 4 **Recipe of the Month**

2. Add the chicken with half of the chipotle-mango sauce to a resealable plastic bag, and massage to coat the chicken with the sauce. Refrigerate at least 6 hours to marinate.
3. Put the other half of the chipotle-mango sauce into a small saucepan and simmer over low heat until thick, stirring often, about 15 minutes. Set some of the simmered sauce aside to serve on the side, and baste the chicken every few minutes with the rest of the sauce.
4. Preheat a grill or grill pan to medium-high heat and brush with oil. Remove the chicken from the marinade and put on the grill.
5. Grill the chicken, turning and basting about every 5 minutes, until cooked through, 20 to 25 minutes. Transfer to a serving platter and serve with the reserved chipotle-mango sauce.

Recipe courtesy of Guy Fieri

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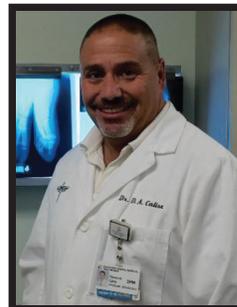
Meet our Doctors



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