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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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**Total Foot and Ankle of Tampa Bay
will be offering 20% off your shoe and sandal purchase
now through June 30, 2020!**



Call for an appointment for a personalized shoe fitting if you are shopping for yourself or stop by and check out our selection of shoes and sandals- they make a great gift!

*No coupon necessary to receive discount. *

This offer is for self-pay patients only

813-788-3600
813-633-5900

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:
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:
9:00 AM - 5:00 PM

Sun City Center Office
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Office Hours:
Tuesday:
8:00 AM - 4:00 PM
Wednesday:
8:00 AM - 3:00 PM
Thursday:
7:30 AM - 2:30 PM
Friday:
9:00 AM - 3:30 PM

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Tuesday:
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5 Tips for Walkers and Runners

There's been an uptick in the number of people who are choosing walking and running as their exercise of choice as a result of COVID 19. For many people who were staying at home, regular fitness and sports activities had to be changed. Walking and running were readily available and easy to do without expensive equipment or a home gym. As we all turn our focus to safely re-opening America, walking and running continue to be favorable options because they allow for social distancing and hopefully



time outside in the sun and fresh air. Below are 5 tips for enjoying these forms of exercise while keeping feet and ankles injury-free.

1. **Wear the right shoes.** It's important to choose shoes that are designed specifically for walking or running. Have your foot professionally measured, preferably at a store that specializes in athletic footwear. If you have a chronic foot problem such as plantar fasciitis or flat feet, consult your podiatrist for footwear recommendations. If the foot doctor has prescribed a custom orthotic, be sure it fits in your shoes. Replace shoes when they show signs of wear or every 300-500 miles.
2. **Start slow.** If you have not been walking or running recently, it's best to begin with short, low-intensity sessions and gradually increase speed, duration, and difficulty of your workout. This will help prevent common injuries such as shin splints and Achilles tendonitis that tend to happen to athletes who do too much too soon.
3. **Watch where you're going.** Ankle sprains are often the result of an unexpected change in elevation or an object in your path. Try to stick to even surfaces and watch for rocks, acorns or other small items that can cause you to twist an ankle.
4. **Stretch it out.** Be sure to do appropriate stretches for calves, hamstrings, ankles, and hips. Don't skip warmups and cool downs before and after each walk or run.
5. **Don't ignore foot or ankle pain.** Some muscle soreness is typical as you start an exercise program. Extreme or sharp pains, however, are not normal and may indicate an injury. Consistent pain or aching after exercise, whether constant or intermittent, that does not resolve in a few days should be evaluated by your podiatrist. It's possible to have a stress fracture and still be able to walk or run. For the health of your feet, it's best to get any uncomfortable symptoms evaluated promptly.

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Diabetes Checklist: Don't Neglect Foot Care

Fortunately, we're hearing more and more about re-opening and getting back to some sense of normalcy in the face of the pandemic.

However, even if you have concerns about the coronavirus, you must not let them keep you from seeking appropriate healthcare. This is especially true if you have diabetes. Conditions associated with

diabetes—poor circulation, neuropathy and decreased immune system function—require that patients be extremely vigilant and proactive to prevent wounds and ulcers that can lead to infection and, in the worst-case scenario, amputation. Below are some reminders to ensure that your feet stay healthy if you are a diabetic.



Contact your podiatrist immediately if:

- You see any signs of infection: open wounds that are not healing, pus or discharge, redness, streaks of red and the feeling of heat around a wound and a fever
- You notice unusual symptoms in your feet such as swelling, rashes, discoloration, lumps, bruises, etc. that may indicate a problem is developing

Seek podiatrist care for:

- Routine foot and nail care—don't attempt to do at home what the podiatrist normally does unless your foot doctor directs you to do so
- Warts, ingrown toenails, and other common conditions that could lead to injury or infection if self-treated

Continue:

- Daily care regimens—including cleaning your feet, using foot powder to prevent excess sweating and nightly moisturizing
- Regular self-examinations of your feet to look for changes or abnormal symptoms
- All usual precautions such as wearing shoes to protect feet from cuts and puncture wounds, avoiding exposing feet to direct heat and not sharing items that touch another person's feet
- Managing blood sugar levels through diet, medication and regular exercise as directed by your physician

History FootNote

In the late 18th century, people wore rubber soled shoes called plimsolls, but they were pretty crude—for one thing, there was no right foot or left foot. Around 1892, the U.S. Rubber Company came up with more comfortable rubber **sneakers** with canvas tops, called Keds.

Celebrity Foot Focus

Actor Mahershala Ali is the only Division I basketball player to win two Oscars in history. He won a scholarship to play at St. Mary's College in 1992 and played guard until 1996. Ali won two Academy Awards for Best Actor in a Supporting Role for *Moonlight* (2017) and *Green Book* (2019).

Recipe of the Month

Banana Bread

Google Trends tell us that more people are searching for banana bread recipes during quarantine than any other food. There are lots of reasons why -- It is comfort food that is easy to make, uses fruit that otherwise may be going to waste, gives us a sense of accomplishment at a time when we're stuck at home, and it fills the home with the smell of homemade baked goods. We thought you might enjoy this article from TheKitchn.com explaining all the reasons banana bread wins as the number one baked good during this time. The article also has links to a variety of recipes to try. Here's one we enjoy:



Ingredients

- 10 tablespoons plus 1 teaspoon butter
- 1 cup mashed ripe bananas (about 2 large bananas)
- 1/2 cup sour cream
- 2 large eggs
- 1 1/2 teaspoons vanilla
- 2 cups cake flour
- 3/4 cup plus 2 tablespoons sugar
- 1 teaspoon baking soda
- 3/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup toasted, chopped walnuts or pecans, optional

Preparation

1. Preheat the oven to 350 degrees F.
2. Lightly grease a 9 1/4 by 5 1/4 by 2 1/2-inch loaf pan with 1 teaspoon of the butter.
3. Puree the bananas, sour cream, eggs, and vanilla in a food processor. Sift the cake flour, sugar, baking soda, baking powder and salt into the bowl of an electric mixer fixed with a whisk attachment. Add the remaining 10 tablespoons butter and mix on medium-low speed until blended, about 30 seconds. Add the banana mixture in 3 batches, scraping the sides of the bowl and mixing on medium speed between each addition. Fold in the nuts if desired.
4. Pour into the loaf pan. Bake until lightly browned and bread bounces back to the touch, about 1 hour 10 minutes. Remove from the oven and cool for 10 minutes before turning out onto wire rack to cool completely.

Recipe courtesy of Emeril

Foot Funnies



What has a foot at each end and a foot in the middle?
A yard stick

Trivia

The world's first one opened in Coney Island, New York on June 16th, 1884. The world's first what?

- A. Burlesque Show
- B. 5 and 10 Cent Store
- C. Hot Dog Stand
- D. Roller Coaster
- E. House of Wax

Answer D



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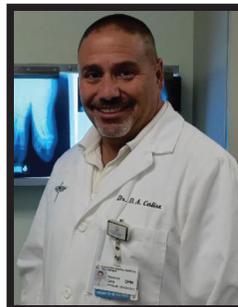
Meet our Doctors



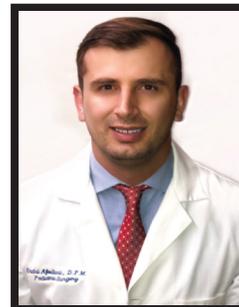
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