



IN THIS ISSUE

- Safeguarding Your Feet During Holiday Travel: Tips for Happy Travels
- Treat Your Feet: The Best Gifts for Comfort and Care at Home
- The Diabetic Shoe Program
- Season's Greetings
- Recipe of the Month: Holiday Roast & Healthy Gingerbread Latte
- This Month in December

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.

FEATURED ARTICLES

Safeguarding Your Feet During Holiday Travel: Tips for Happy Travels



Whether you're heading home for the holidays or exploring a new city, one thing's for sure: traveling is synonymous with this time of year! From planes and trains to long road trips, your feet will be working hard to help get you to your destination, so it's important they stay comfortable and protected during your travels.

[Click Here to Read More](#)

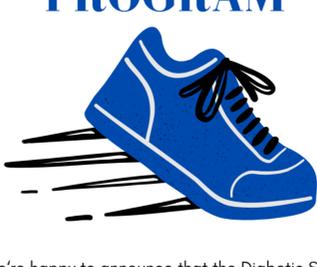
Treat Your Feet: The Best Gifts for Comfort and Care at Home

As we cozy up for the holiday season, it's the perfect time to think about treating ourselves (and our loved ones) to some self-care essentials—starting from the ground up! Our feet work hard for us every day, so why not give them a little extra love?

[Click Here to Read More](#)



THE DIABETIC SHOE PROGRAM



We're happy to announce that the Diabetic Shoe Program is back in the office!

Call today to see if you qualify for a fitting- insurance may cover a portion or all of the costs.

813-788-3600

Season's Greetings!



Holiday Shoe and Sandal Sale!
Enjoy 20% off!

Looking for a holiday gift for your loved ones or yourself?

Total Foot and Ankle of Tampa Bay is having a huge holiday blow-out shoe sale for the month of December.

20% off

ALL Shoes and Sandals

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

Happy Holidays!

Total Foot and Ankle of Tampa Bay

www.MyTampaFoot.com

Save 20%

Save 20% off all in stock shoes and sandals. Coupon not needed to receive discount. Discount cannot be applied to shoes covered by insurance.

Offer Expires: December 31, 2024

RECIPE OF THE MONTH

Holiday Roast

THIS JUICY ROAST IS A PERFECT CHOICE FOR YOUR SPECIAL MEAL!

INGREDIENTS

- 1 each bone-in holiday roast
- sea salt
- 3 cloves garlic
- 1 teaspoon rosemary
- 1 teaspoon sage
- 2 tablespoons freshly ground black pepper
- 2 tablespoons olive oil
- 1 tablespoon butter

DIRECTIONS

1. Preheat oven to 450° F.
2. Place beef fat side up, on a rimmed baking pan. Sprinkle with sea salt. In a food processor, pulse garlic, rosemary, sage, thyme, pepper, olive oil and butter until paste forms. Rub on top of beef. Roast beef for 15 minutes.
3. Reduce oven temperature to 325° F. Roast until meat thermometer inserted into center of beef registers 120° F for medium rare, about 40 minutes. Remove and transfer roast to platter. Let rest for 15 minutes and serve.



Recipe courtesy of kroger.com



Healthy Gingerbread Latte

THIS HEALTHY GINGERBREAD LATTE IS PALEO, REFINED SUGAR FREE & EASY TO MAKE WHOLESOP! SIMPLY DELICIOUS & A MUCH HEALTHIER VERSION OF STARBUCKS HOLIDAY DRINK.

INGREDIENTS

- 1 1/2 cup almond milk
- 1/4 cup espresso (1-2 oz shot)
- 1/8 teaspoon cinnamon
- 1/8 teaspoon ground ginger
- agave nectar
- 1 teaspoon molasses or maple syrup

DIRECTIONS

1. Warm almond milk in the microwave or stovetop until it is at your preferred temperature.
2. Whisk together almond milk, spices and molasses for approximately 30 seconds until everything is thoroughly combined. Pour into a mug + top with espresso.

For further instructions, including how to make this Keto, visit thecleanandthecouple.com

THIS MONTH IN DECEMBER

INTERESTING DATES

DECEMBER						
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				

- 1 Advent Begins
- 7 Pearl Harbor
- 15 National Bill of Rights Day
- 25 Hanukkah Begins at Sundown
- 25 Christmas Day
- 26 Kwanzaa
- 31 New Year's Eve

HISTORICAL FACTS

- ★

December 1, 1955 – Rosa Parks Arrested: Rosa Parks was arrested in Montgomery, Alabama, for refusing to give up her bus seat to a white passenger, sparking the Montgomery Bus Boycott and becoming a landmark moment in the civil rights movement.
- ★

December 8, 1877 – Invention of the Phonograph by Thomas Edison: Edison demonstrated his phonograph for the first time, revolutionizing the way sound was recorded and played, paving the way for the modern music industry.
- ★

December 15, 1791 – Ratification of the Bill of Rights: The first ten amendments to the U.S. Constitution, known as the Bill of Rights, were ratified, guaranteeing essential rights and freedoms for Americans, including freedom of speech, religion, and due process.
- ★

December 16, 1773 – Boston Tea Party: American colonists protested British taxation by dumping 342 chests of tea into Boston Harbor, an event that escalated tensions, leading to the American Revolutionary War.
- ★

December 17 – Wright Brothers' First Flight: Wilbur and Orville Wright flew their powered aircraft for 12 seconds above the sand dunes of Kitty Hawk, North Carolina. An event that changed the world.

MEET OUR DOCTORS



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[Read More Here](#)

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