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Total Foot and Ankle of Tampa Bay

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NEWSLETTER

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Our Offices

Zephyrhills Office
6326 Fort King Rd
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8:00 AM - 5:00 PM
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9:00 AM - 5:00 PM
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8:00 AM - 5:00 PM
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Sun City Center Office

936 Cypress Village
Blvd. Suite B Sun City Center
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Fax: (813) 788-7010

Office Hours:

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Thursday:
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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

OUR RIVERVIEW LOCATION
IS NOW OFFERING LATE
HOURS ON *TUESDAYS!*

WE ARE OPEN UNTIL 6PM



Back to School Shoe Shopping Tips

It's almost time for that end-of-summer ritual: back-to-school shoe shopping! Whether your children love it or dread it, buying well-made shoes that fit properly is one of the most important steps you can take to promote good health in growing feet. Below are some tips to ensure a good fit:



- **Shop with your children.** While purchasing online is tempting, children's feet grow rapidly, and shoes need to be tried on.
- **Get professionally measured.** Have your child stand up straight on the measuring device and measure both feet. Use this as a starting point, keeping in mind that different companies may cut and size shoes slightly smaller or bigger. Also, remember that it's not unusual for one foot to be bigger than the other. Always buy shoes to accommodate the larger foot.
- **Buy the correct size.** Getting shoes that are bigger than your child's current size in the hopes that they will last longer may seem economical but may be at the cost of their podiatric health. Shoes that are too big can be a tripping hazard and result in blisters. There should be approximately half an inch—the width of your thumb—between the biggest toe and the front of the shoe.
- **Choose function over fads.** Avoid styles made of plastic, vinyl, or other non-breathable materials. Make sure the sole is thick enough to provide good shock absorption and arch support—ballet flats are not a good choice for daily wear.
- **Shop at the end of the day.** That's when your child's feet will be at their largest. This will help guarantee that the shoes you buy will feel comfortable all day long.
- **Bring the right socks.** Have your child try on shoes with the type of socks that they will normally wear with them to get a more accurate feel and fit.
- **Do a final check.** After your child has put on both shoes and walked around in the store for several minutes have them take the shoes off and check their feet. Young children especially may not be able to articulate how a shoe feels on their foot. Look for any redness or signs that a shoe is rubbing on a part of the foot or toes.

If your child has a chronic foot problem, has sustained an injury in the past, or you have other special concerns about their feet, ask your podiatrist for footwear recommendations.

Celebrate "I Love My Feet Day"

Each year on August 17th we celebrate National "I Love My Feet Day." Most of us take our feet for granted until they hurt or don't work as well as we'd like. Take a moment to consider these amazing foot facts:

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...continued from page 1

**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:
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9:00 AM - 4:00 PM
Tuesday:
1:00 PM - 6:00 PM
Wednesday:
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Friday:
9:00 AM - 3:30 PM

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

Office Hours:
Wednesday:
9:00 AM - 4:00 PM

Trivia

All of these countries celebrate their Independence Day in July except which one?

- A. Belarus
- B. Iceland
- C. Rwanda
- D. Peru

Answer: B



Recipe of the Month

Tomato and Goat Cheese Tarts

It's tomato season and if you're wondering what to do with the abundance, try this savory tart.

Ingredients:

- 1 package (17.3 ounces/2 sheets) puff pastry, defrosted
- Good olive oil
- 4 cups thinly sliced yellow onions (2 large onions)
- 3 large garlic cloves, cut into thin slivers
- Kosher salt and freshly ground black pepper
- 3 tablespoons dry white wine
- 2 teaspoons minced fresh thyme leaves
- 4 tablespoons freshly grated Parmesan, plus 2 ounces shaved with a vegetable peeler
- 4 ounces garlic-and-herb goat cheese (recommended: Montrachet)
- 1 large tomato, cut into four 1/4-inch-thick slices
- 3 tablespoons julienned basil leaves



Directions:

1. Unfold a sheet of puff pastry on a lightly floured surface and roll it lightly to an 11 by 11-inch square. Using a 6-inch-wide saucer or other round object as a guide, cut 2 circles from the sheet of puff pastry, discarding the scraps. Repeat with the second pastry sheet to make 4 circles in all. Place the pastry circles on 2 sheet pans lined with parchment paper and refrigerate until ready to use.
2. Preheat the oven to 425 degrees F.
3. Heat 3 tablespoons of olive oil in a large skillet over medium to low heat and add the onions and garlic. Sauté for 15 to 20 minutes, stirring frequently, until the onions are limp and there is almost no moisture remaining in the skillet. Add 1/2 teaspoon salt, 1/4 teaspoon pepper, the wine, and thyme and continue to cook for another 10 minutes, until the onions are lightly browned. Remove from the heat.

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History FootNote

Toe rings are popular jewelry items that adorn women's feet each summer to highlight a pedicure or to add a bit of sparkle to sandals. But in Indian cultures, married women wear the toe ring to show off their marital status.

Toe rings were introduced to the United States around 1973 by Marjorie Borell. After returning from India, she started selling and manufacturing them in New York at her own trendy retail outlet called Fiorucci. She eventually sold her designs to other companies and the idea took off.

Foot Funnies



Q: What kind of vehicle does a podiatrist drive?

A: A toe truck

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

4. Using a sharp paring knife, score a 1/4-inch-wide border around each pastry circle. Prick the pastry inside the score lines with the tines of a fork and sprinkle a tablespoon of grated Parmesan on each round, staying inside the scored border.
5. Place 1/4 of the onion mixture on each circle, again staying within the scored edge. Crumble 1 ounce of goat cheese on top of the onions. Place a slice of tomato in the center of each tart. Brush the tomato lightly with olive oil and sprinkle with basil, salt, and pepper. Finally, scatter 4 or 5 shards of Parmesan on each tart.
6. Bake for 20 to 25 minutes, until the pastry is golden brown. The bottom sheet pan may need an extra few minutes in the oven. Serve hot or warm.

Recipe courtesy of Ina Garten

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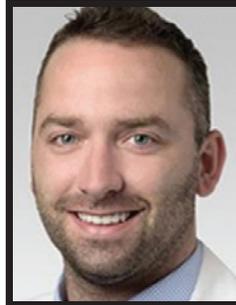
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Meet our Doctors

				
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