



**In this Issue...**

- New Location in Brandon
- Step Into National Foot Health Awareness Month!
- Hitting the Trails with Happy Feet: 6 Tips for Outdoor Adventures
- Recipe of the Month - Strawberry Spinach Salad with Avocado & Walnuts

**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!**

[Request An Appointment](#)

[Visit Our Website](#)

[Our Patient Portal](#)

**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.



**NEW LOCATION IN BRANDON!**

[www.mytampafoot.com](http://www.mytampafoot.com)

813-633-5900

**TO ALL OF OUR BLOOMINGDALE & VALRICO PATIENTS:**

**WE'RE MOVING AND WE ARE STILL HERE FOR YOU!**

Beginning Friday, March 15 we will be seeing our Valrico and Brandon patients in our new Brandon office located at:

**1162 Bell Shoals Road  
Ste 102  
Brandon, FL 33511**

Our patient hours are  
Mondays from 1:30pm-6:00PM and  
Fridays from 9:00am-4:00pm

**PLEASE CALL FOR AN APPOINTMENT  
AT 813-633-5900**



\*Please note:  
If you have been seeing Dr. Desai in our Valrico office, he has moved to the Brandon office- only 10 minutes away!  
**We are still here for you!**

**OUR LOCATIONS:**

|   |  |  |
|---|--|--|
| <p><b>Sun City</b></p> <p>936 Cypress Village Blvd, Ste B<br/>Sun City Center, FL 33573</p> | <p><b>Brandon</b></p> <p>1162 Bell Shoals Rd Ste 102<br/>Brandon, FL 33511</p>           | <p><b>Riverview</b></p> <p>10141 Big Bend Rd, Ste. 209<br/>Riverview, FL 33578</p> |
| <p><b>Zephyrhills</b></p> <p>6326 Fort King Rd.<br/>Zephyrhills, FL 33542</p>               | <p><b>Wesley Chapel</b></p> <p>2336 Crestover Ln Ste 102<br/>Wesley Chapel, FL 33544</p> |  |

**Step Into National Foot Health Awareness Month!**



As winter recedes into our collective rearview and the seasons start to shift, National Foot Health Awareness Month begins in earnest! April marks the perfect time to shed those winter boots, get out into the open air, and show your feet some love.

[Read More Here](#)

**Hitting the Trails with Happy Feet: 6 Tips for Outdoor Adventures**



Whether you're lacing up your boots for a challenging hike, taking a leisurely bike ride, or enjoying a refreshing swim at the beach, your feet are going to be an integral part of any outdoor activity.

[Read More Here](#)



**Recipe of the Month  
Strawberry Spinach Salad with Avocado & Walnuts**

Serve this summery strawberry spinach salad alongside soup or a half sandwich. Top with grilled chicken or roasted salmon for a complete and easy, healthy meal.



**Ingredients:**

- 3 cups of baby spinach
- 1 tablespoon finely chopped red onion
- 1/2 cup of sliced strawberries
- 2 tablespoons vinaigrette, such as Annie's Light Raspberry Vinaigrette
- 1/4 medium avocado, diced
- 2 tablespoons of toasted walnut pieces

**Instructions:**

1. Combine spinach, onion, and strawberries in a medium bowl.
2. Drizzle with vinaigrette; toss to coat.
3. Top with avocado and walnuts.

Recipe courtesy of [eatnowell.com](http://eatnowell.com)

**Interesting Dates in April**

|  |  |
|--|--|
| <b>April 1</b><br>April Fool's Day     | <b>April 12</b><br>Grilled Cheese Sandwich Day |
| <b>April 2</b><br>Autism Awareness Day | <b>April 15</b><br>National ASL Day            |
| <b>April 7</b><br>World Health Day     | <b>April 22</b><br>Earth Day                   |
| <b>April 10</b><br>Golfer's Day        | <b>April 23</b><br>Passover                    |
| <b>April 11</b><br>Pet Day             | <b>April 26</b><br>Pretzel Day                 |

**Trivia:**

What animal is most associated with the month of April?

- A. Cat
- B. Rabbit
- C. Mouse
- D. Chinchilla

Answer: B.

The rabbit is often associated with the month of April. It symbolizes fertility and abundance, especially during springtime when nature is full of new life.

**Joke**

Why won't eggs play April Fool's pranks?

They might crack each other up.

**Historical Facts for April**

- On the night of April 14, 1912, four days into its journey from Southampton, England, to New York City, the Titanic collided with an iceberg off the coast of Newfoundland. In the early hours of April 15, 1912, the 882.5-foot-long ship broke apart and sank to the bottom of the ocean, taking with it the lives of more than 1,500 passengers and crew.
- For all the car enthusiasts out there, Ford unveiled its first Mustang on April 17, 1964, which cost \$2,368.
- The first battle of the Revolutionary War, Lexington and Concord, broke out on April 19, 1775.
- The explosion of the Chernobyl nuclear plant in Ukraine occurred on April 26, 1986, which forced everyone within a 300-mile radius to be evacuated.
- Our first President, George Washington, was inaugurated on April 30, 1789, on the balcony of Federal Hall in New York City, New York. The inauguration was held nearly two months after the beginning of his four-year term as president.

[Request An Appointment](#)

[Visit Our Website](#)

[Our Patient Portal](#)

**Meet Our Doctors**



Robert J. Valins, DPM



Maria B. Walshe, DPM



Domenick A. Calise, DPM



Endri A. Feslari, DPM



Bret C. Musser, DPM



Sallil Desai, DPM

**Our Offices**

**Zephyrhills**  
6326 Fort King Road  
Zephyrhills, FL 33542  
Phone: (813) 788-3600

**Apollo Beach/Riverview**  
Baycare Outpatient Center  
10141 Big Bend Road  
Suite 209  
Riverview, FL 33578  
Phone: (813) 633-5900

**Sun City Center**  
936 Cypress Village Blvd.  
Suite B  
Sun City Center, FL 33573  
Phone: (813) 633-5900

**Brandon**  
1162 Bell Shoals Road  
Brandon, FL 33511  
Phone: (813) 633-5900

**Wesley Chapel**  
2336 Crestover Lane  
Suite 102  
Wesley Chapel, FL 33544  
Phone: (813) 788-3600

[Click Here for Hours](#)

**Need More info?**

[CONTACT US →](#)