



IN THIS ISSUE

- The Link Between Breast Cancer and Foot Health
- Ankle Deep in Leaves? Don't Fall Behind on Foot Health!
- This Month in October
- Recipe of the Month: Spaghetti Salad

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

The Link Between Breast Cancer and Foot Health



October is Breast Cancer Awareness Month, which means it's time to talk about the connection between foot and breast health. From cancer survivors to those undergoing treatment, breast cancer affects the feet in many ways, which can be an unnecessary burden for anyone affected.

[Click Here to Read More](#)

Ankle Deep in Leaves? Don't Fall Behind on Foot Health!

Fall is a fitting name for the season that covers the ground in piles of leaves, but what that means for our foot health is an increased risk of injury. Our yards are not frozen in time like the winter; the grass gets new divots, driveways crack, and sticks, acorns, and other obstacles weren't there the last time you skimmed the pool on a nice summer day.

[Click Here to Read More](#)



RECIPE OF THE MONTH

Spaghetti Salad

This hearty, flavorful spaghetti salad is perfect as a side dish or entree.



Ingredients:

- 1 package (16 ounces) thin spaghetti, halved
- 3 medium tomatoes, diced
- 3 small zucchinis, diced
- 1 large cucumber, halved, seeded and diced
- 1 medium green pepper, diced
- 1 medium sweet red pepper, diced
- 1 bottle (8 ounces) Italian salad dressing
- 2 tablespoons grated Parmesan cheese
- 1 1/2 teaspoons sesame seeds
- 1 1/2 teaspoons poppy seeds
- 1/2 teaspoon paprika
- 1/4 teaspoon celery seed
- 1/8 teaspoon garlic powder
- Chopped fresh parsley, optional

Directions:

1. Cook spaghetti according to package directions; drain & rinse in cold water. Place in a large bowl; add tomatoes, zucchini, cucumber, & peppers.
2. Combine the next 7 ingredients; pour over salad and toss to coat. Cover and refrigerate for at least 2 hours. If desired, sprinkle with parsley.

Recipe courtesy of [Tasteofhome.com](https://www.tasteofhome.com)

THIS MONTH IN OCTOBER

INTERESTING DATES

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT	
		1	2	3	4	5	2 - 4 Rosh Hashanah
							4 World Animal Day
							11 Yom Kippur
							13 Breast Cancer Awareness Day
							14 Columbus/Indigenous Peoples' Day
							21 Back to the Future Day
							31 Halloween
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			

HISTORICAL FACTS

- October 1, 1890 – Establishment of Yosemite National Park**
 Yosemite became a national park under an act signed by President Benjamin Harrison, preserving its stunning natural landscapes and setting a precedent for the national park system in the U.S.
- October 4, 1927 – Mount Rushmore Construction Begins**
 Sculptor Gutzon Borglum began work on the Mount Rushmore monument in South Dakota, which features the faces of four U.S. presidents: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln.
- October 24, 1929 – Black Thursday (Stock Market Crash)**
 The U.S. stock market crashed on what became known as "Black Thursday," marking the beginning of the Great Depression, a decade-long economic downturn that affected many countries worldwide.
- October 28, 1962 – Cuban Missile Crisis Ends**
 The Cuban Missile Crisis, a 13-day confrontation between the United States and the Soviet Union over Soviet missiles in Cuba, ended when the USSR agreed to dismantle its missiles in exchange for the U.S. agreeing not to invade Cuba.

MEET OUR DOCTORS



ROBERT J. VALINS, D.P.M.



MARIA B. WALSH, D.P.M.



DOMENICK A. CALISE, D.P.M.



ENDRI AFESLLARI, D.P.M.



BRET C. MUSSER, D.P.M.



SALIL DESAI, D.P.M.

[Read More Here](#)

Connect Online

Our Offices

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

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

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

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

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

Need more info?

[CONTACT US](#) →

[Click Here for Hours](#)

[Visit Our Website](#)

[Our Patient Portal](#)

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.