



IN THIS ISSUE

- The Connection Between Heart Health and Your Feet: A February Focus
- Love Your Feet: Essential Self-Care Tips for Healthy Feet
- The Diabetic Shoe Program
- Recipe of the Month: Sheet Pan Salmon and Asparagus with Potatoes
- This Month in February

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 Connection Between Heart Health and Your Feet: A February Focus

February is American Heart Month, a time to raise awareness about heart disease and promote heart health. An often overlooked yet vital connection is the relationship between your heart and your feet! Understanding this link and the clues that our foot health can give us in terms of our cardiovascular system could help us maintain better overall health.

[Click Here to Read More](#)

Love Your Feet: Essential Self-Care Tips for Healthy Feet

February's focus on love and self-care has us thinking that our feet deserve some of the attention too! Although often left out of the equation, it's never too late to start implementing foot care into your routine. With a few simple tips, you can ensure your feet remain strong, comfortable, and pain-free.

[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



NEW PRODUCTS

CHECK WHAT'S NEW

CALL OUR OFFICE TO FIND OUT MORE
(813) 788-3600 OR (813) 633-5900



RECIPE OF THE MONTH

SHEET PAN SALMON & ASPARAGUS WITH POTATOES

Sheet Pan Salmon and Asparagus with Potatoes is a great way to get a serving of protein and heart-healthy Omega-3s. Everyone in your family will love this dish for its flavor, and you'll love it for its ease of cooking and cleanup.

INGREDIENTS:

- 4 salmon fillets
- 1 pound asparagus, ends trimmed
- 2 pounds baby red or gold potatoes, quartered
- 3 tablespoons olive oil
- 2 teaspoons Italian herb blend, see note
- 1 teaspoon garlic powder
- 2 tablespoons butter, melted
- 2 tablespoons honey
- 1 teaspoon Dijon mustard
- 1/2 teaspoon Italian herb blend
- 1/2 lemon, thinly sliced
- salt and pepper to taste

INSTRUCTIONS:

1. Preheat oven to 400 degrees. Toss potatoes with 2 tablespoons olive oil, salt and pepper to taste, garlic powder, and 2 teaspoons Italian herb blend. Arrange on a large sheet pan and bake in a preheated oven for 10 minutes.
2. Arrange salmon fillets and asparagus on the sheet pan. Whisk together melted butter, honey, Dijon mustard, and 1/2 teaspoon remaining Italian herb blend. Brush onto salmon fillets.
3. Drizzle asparagus with the remaining 1 tablespoon olive oil, season with salt and pepper to taste, and place lemon slices between the asparagus spears.
4. Bake for 15 minutes until asparagus and potatoes are fork-tender and salmon is cooked through. Serve immediately.

Recipe Courtesy of [lecremedelacrumb.com](#)

THIS MONTH IN FEBRUARY

INTERESTING DATES

FEBRUARY						
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	

- 2 Groundhog Day
- 4 World Cancer Day
- 9 Super Bowl Sunday
- 14 Valentine's Day
- 17 President's Day
- 20 National Love Your Pet Day
- 27 Polar Bear Day

HISTORICAL FACTS

- ★ **February 2, 1887:** The first Groundhog Day was celebrated in Punxsutawney, Pennsylvania, a lighthearted tradition forecasting the arrival of spring.
- ★ **February 4, 2004:** Facebook was launched, revolutionizing how people connect and communicate globally.
- ★ **February 14, 1929:** Valentine's Day celebrated globally with love and friendship, becoming a day of joy for millions.
- ★ **February 22, 1980:** The "Miracle on Ice" occurred when the U.S. hockey team defeated the Soviet Union at the Winter Olympics.
- ★ **February 27, 1827:** The first Mardi Gras celebrations were held in New Orleans, establishing a tradition of vibrant parades and festivities.

MEET OUR DOCTORS

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