



June 2025



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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 of 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.

We Have Exciting News to Share!

Dr. Walshe will be on maternity leave from **July 4th through September 22nd**.

We're pleased to welcome **Dr. Firas Katmeh**, who will be joining the team in **July 2025**. During Dr. Walshe's leave, **Dr. Katmeh** and **Dr. Calise** will be caring for her patients at our **Wesley Chapel** and **Zephyrhills** locations. In addition, Dr. Katmeh will begin seeing **new patients** starting in July at both locations.

Dr. Firas Katmeh is a highly skilled and compassionate podiatric physician and surgeon. He brings a strong background in academic excellence and hands-on clinical experience, offering a comprehensive, patient-centered approach to foot and ankle care.

To learn more about Dr. Katmeh, please visit our website: mytampafoot.com



FEATURED ARTICLES

Summer Travel Tips



Summer is the season of adventure, whether you're catching a flight or hitting the road. Amid the excitement of planning outfits, packing bags, and crafting itineraries, there's one vital part of your body that often gets overlooked: your feet.

[Click Here to Read More](#)

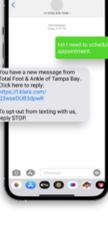
Flip-Flops vs. Sandals

When summer arrives, so does the urge to ditch socks and slip into something breezier. For many, that means reaching for a pair of flip-flops or sandals. But while both options help keep feet cool, not all summer footwear is created equal, especially when it comes to foot health.



[Click Here to Read More](#)

Quickly start a conversation by sending us a text message!



To reach us, text the number below from your cell phone. We'll send you a link where you can easily view our reply. You won't have to stay on hold or wait for us to call you back.

You may always contact us by text, but please use our web chat platform to send confidential information or images. Our easy-to-access chat platform is more secure than text message.

Send us a text here:

813-652-0354

You can also chat with us on our website:

www.totalfootandankle-tampabay.com

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Total Foot And Ankle Of Tampa Bay



Robert J. Valins, D.P.M.

Dear Valued Patients,

After much reflection and consideration, and with mixed emotions, I have decided to make a significant change in my life. After 47 years of serving you, my wonderful patients, I have made the decision to retire from the practice of podiatric medicine and surgery.

It has been an honor to be your podiatrist and to provide care for you and your families over these many years... in many cases I have cared for two and even three generations of your families! I am deeply grateful for the trust and loyalty you have shown me throughout my career. Each of you has played a significant role in making my work fulfilling and meaningful.

It has been an extremely rewarding experience to grow Total Foot and Ankle of Tampa Bay into one of the largest and most respected podiatry practices in the Tampa Bay area. It is a testament to our superior team that we are recognized for our excellence.

As of May 1, 2025 I will no longer be seeing patients at Total Foot and Ankle of Tampa Bay. I encourage you to continue your care with the other doctors in the practice. Be assured that Dr. Walshe and Dr. Calise will always be available for our Zephyrhills and Wesley Chapel patients and Dr. Afellari, Dr. Musser and Dr. Desai will continue to serve our Sun City Center, Riverview and Brandon population. With their outstanding knowledge and respect, they will continue to support the high standard of care that you have come to expect from Total Foot and Ankle of Tampa Bay.

If you have any questions, please do not hesitate to call our main office location at 813-788-3600.

Thank you once again for your trust and loyalty. It has been a profound privilege to be part of your healthcare journey. I wish you good health and happiness in the future.

With heartfelt gratitude,
Robert J. Valins, D.P.M.

Ph: 813-788-3600

www.mytampafoot.com



RECIPE OF THE MONTH



CORN SALAD

Round out any Mexican-inspired spread or summer cookout with this spicy, fresh corn salad. It's a fresh and flavorful summer side!

Ingredients:

- For the chipotle-lime dressing:**
- 1/4 cup of sour cream
 - 2 Tbsp. mayonnaise
 - 2 Tbsp. lime juice
 - 2 tsp. hot sauce
 - 3/4 tsp. kosher salt
 - 1/2 tsp. chipotle chile powder, plus more for garnish
 - 1/4 tsp. ground cumin
 - 1/4 tsp. black pepper

For the salad:

- 4 large ears of yellow corn, shucked
- 2 plum tomatoes, chopped
- 1 avocado, peeled and chopped
- 1 cup chopped red onion
- 1 jalapeño, stemmed and chopped
- 1/2 cup chopped cilantro, plus leaves for garnish
- 1/2 cup crumbled queso fresco, plus more for garnish
- Lime wedges for serving

Preparation Steps:

- 1. For the chipotle-lime dressing:** In a small bowl, whisk together the sour cream, mayonnaise, lime juice, hot sauce, kosher salt, chipotle chile powder, cumin, black pepper, and 1 tablespoon of water. Set aside.
- 2. For the salad:** Meanwhile, bring a large pot of water to boil over high heat and season generously with salt. Add the ears of corn and boil for 3 minutes. Remove the corn from the pot and let it cool to room temperature. Slice the kernels off the cob. (You should have about 4 cups of corn.)
- 3. In a large bowl,** gently toss together the corn, tomatoes, avocado, red onion, jalapeño, chopped cilantro, and queso fresco. Drizzle with the dressing and toss gently to coat. Sprinkle with more cilantro, queso fresco, and chipotle chile powder. Serve with lime wedges.

Tip: Substitute 4 cups of drained, canned corn for this recipe in place of the fresh corn on the cob.

Recipe courtesy of thepioneerwoman.com

THIS MONTH IN JUNE

INTERESTING DATES

JUNE						
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					

- 1 National Cancer Survivors' Day
- 5 World Environment Day
- 10 National Flag Day
- 15 Father's Day
- 19 Juneteenth Day
- 20 Summer Solstice

HISTORICAL FACTS

- ★ **June 8, 1968 – LEGO Patent Filed in the U.S.:** LEGO, the beloved toy brand, secured its U.S. patent, bringing joy to generations of builders.
- ★ **June 13, 1966 – Miranda Rights Established:** In Miranda v. Arizona, the U.S. Supreme Court ruled that police must inform suspects of their rights — a landmark moment in criminal justice.
- ★ **June 20, 1893 – First Ever Ferris Wheel Debuts:** The original Ferris Wheel opened at the Chicago World's Fair, bringing delight to millions and launching a beloved amusement tradition.
- ★ **June 30, 1953 – First Corvette Rolls Off the Assembly Line:** The iconic American sports car was born, kicking off a legacy of speed and style.

MEET OUR DOCTORS



ROBERT J. VALINS, D.P.M.



MARIA B. WALSH, D.P.M.



DOMENICK A. CALISE, D.P.M.



ENDRI AFE LLARI, D.P.M.



BRET C. MUSSER, D.P.M.



SALIL DESAI, D.P.M.

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