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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 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

#### 5 Fast Facts About Foot Pain

As warmer weather settles in, many of us are looking forward to spending time enjoying outdoor activities, and the last thing we want is for foot pain to hold us back! Foot pain is a common issue that affects many people, yet it often goes untreated.

[Click Here to Read More](#)

#### Warm Weather Foot Care Tips

Proper foot care is essential no matter the season, but warmer weather brings its own set of challenges when it comes to keeping your feet happy and healthy! As the temperatures rise and summer approaches, it's essential to pay special attention to foot care.

[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](http://www.totalfootandankle-tampabay.com)

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# NOW AVAILABLE IN THE OFFICE

## CUSTOM ORTHOTICS MOLDED TO YOUR FEET DURING YOUR VISIT.

#### EFFECTIVE ORTHOTIC TREATMENT FOR:

- Plantar Fasciitis
- Heel Pain
- Achilles Tendinitis
- Plantar Calluses
- Flat Foot
- Shin Splints
- Foot & Ankle Arthritis
- Pronation & PTTD
- Metatarsal Head Pain
- Neuroma & More

## CALL TODAY TO MAKE YOUR APPOINTMENT

813-788-3600

## Memorial Day

HONORING ALL WHO SERVED

### RECIPE OF THE MONTH

## Patriotic Cheesecake Parfaits

*Take all the great, rich flavor of cheesecake, layer it with summer's best berries, then add a little crunch and a touch of chocolate, and you have what may just be the perfect summer dessert.*

#### INGREDIENTS

- 8 ounces Neufchâtel (light) cream cheese, at room temperature
- One 5.3-ounce container of vanilla nonfat Greek yogurt
- 1/4 cup light sour cream
- 1/2 cup confectioner's sugar
- 6 chocolate wafers cookies, crumbled
- 1/2 cup crisp rice cereal
- 1/4 cup Grape-Nuts brand cereal
- 1 1/2 cups sliced strawberries
- 1 cup blueberries

#### DIRECTIONS

1. Beat the Neufchâtel, yogurt, and sour cream with an electric hand mixer until smooth. Stir in the confectioners' sugar and beat again until smooth.
2. Combine the crumbled cookies and cereals in a small bowl.
3. Build the parfaits: Place a small spoonful of the cheesecake mixture in the bottom of each of 4 parfait glasses or wine goblets. Add a layer of fruit, followed by a second layer of the cheesecake mixture; top with a layer of the crumbs. Repeat. Arrange a final layer of berries on top, place a decorative dollop of the last of the cheesecake mixture, and sprinkle with the crumbs.

*Recipe courtesy of foodnetwork.com.*

### THIS MONTH IN MAY

#### INTERESTING DATES

MAY

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	31

- 5 **Cinco de Mayo**
- 6 **National Nurses Day**
- 11 **Mother's Day**
- 26 **National Day**
- 31 **National Smile Day**

### HISTORICAL FACTS

- ★ **May 1, 1931** - The Empire State Building opens in New York City — the tallest building in the world at the time, and still remains an icon.
- ★ **May 5, 1968** - Gen. John A. Logan of the Grand Army of the Republic established Memorial Day, originally known as Decoration Day, to honor the fallen soldiers of the Civil War. In 1971, Congress officially declared it a federal holiday to be observed on the last Monday in May.
- ★ **May 10, 1908** - The first official Mother's Day was held in Grafton, West Virginia, and Philadelphia, Pennsylvania. Founded by Anna Jarvis, who wanted to honor her late mother, Ann Reeves Jarvis, a community activist who had organized "Mothers' Day Work Clubs" during the Civil War to care for wounded soldiers from both sides. In 1914, President Woodrow Wilson signed a proclamation declaring Mother's Day a national holiday to be celebrated on the second Sunday in May.
- ★ **May 21, 1881** - The American Red Cross was founded by Clara Barton, paving the way for humanitarian aid.

### 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.

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### Our Offices

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