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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.

We're pleased to welcome Dr. Isin A. Mustafa to the Total Foot and Ankle of Tampa Bay team!

Dr. Isin A. Mustafa is a board-certified podiatrist with extensive experience in both surgical and conservative management of foot and ankle conditions.

Her clinical expertise includes diabetic limb salvage, wound care, fracture management, biomechanics, orthotics, sports medicine, and minimally invasive (MIS) foot surgery. She is known for blending evidence-based medicine with personalized care, ensuring every patient receives the highest standard of treatment with compassion and attention to their individual needs.

Dr. Mustafa will start seeing patients in our Brandon, Riverview and Sun City Center locations on August 18th. Call the office today to make an appointment. **813-788-3600**

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

FEATURED ARTICLES

Choosing School Shoes 101

When it comes to back-to-school shopping, one of the most important purchases you'll make is your child's school shoes. The right pair of shoes supports healthy foot development, prevents discomfort or injury, and can even boost your child's confidence throughout the school day.

[Click Here to Read More](#)

Do You Need Custom Orthotics?

Foot pain can throw off more than just your stride. It can mess with your posture, your energy, and your everyday routine. The good news? Custom orthotics might be the relief you've been looking for.

[Click Here to Read More](#)

Dr. Firas Katmeh is now seeing patients in our Zephyrhills and Wesley Chapel 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. He will be seeing patients in both our Wesley Chapel and Zephyrhills locations.

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

Call our office today to make an appointment with Dr. Katmeh: **(813) 788-3600**

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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RECIPE OF THE MONTH

CHICKEN SKEWERS

[CLICK HERE FOR THE FULL RECIPE](#)

Recipe courtesy of tasteofhome.com

THIS MONTH IN AUGUST

AUGUST

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						

INTERESTING DATES

- 4 U.S. Coast Guard's Birthday**
- 7 Purple Heart Day**
- 16 Tell a Joke Day**
- 19 World Humanitarian Day**
- 30 National Beach Day**

HISTORICAL FACTS

- August 2, 1990 - First Elephant Born via Artificial Insemination in U.S.:** The first successful elephant birth using artificial insemination in the U.S. occurred at the Pittsburgh Zoo, advancing conservation and animal science.
- August 7, 1782 - Purple Heart Established:** General George Washington created the Purple Heart, the first U.S. military decoration for merit and bravery. It later became a symbol of honor and sacrifice.
- August 15, 1969 - Woodstock Begins:** The iconic Woodstock Music Festival begins in New York. It becomes a symbol of peace, music, and counterculture, remembered fondly to this day.
- August 28, 1963 - "I Have a Dream" Speech Delivered:** Dr. Martin Luther King Jr. delivers his iconic speech during the March on Washington, a defining moment of hope and civil rights history.

MEET OUR DOCTORS

MARIA B. WALSH, D.P.M.

DOMENICK A. CALISE, D.P.M.

ENDRI AFESLLARI, D.P.M.

BRET C. MUSSER, D.P.M.

FIRAS KATMEH, D.P.M.

ISIN MUSTAFA, D.P.M.

[Read More Here](#)

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