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Total Foot and Ankle of Tampa Bay

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NEWSLETTER

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Page 1

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In This Issue...

- ✓ Introducing Dr. Domenick Calise
- ✓ Heel Pain Often Caused by Plantar Fasciitis
- ✓ Preventing Youth Injuries in Sports
- ✓ Recipe of the month Grilled Pear & Cheddar Pockets

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Thursdays:
08:00 AM - 04:00 PM
Fridays:
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(every other Friday)

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Office Hours:
Wednesday:
09:00 AM - 04:00 PM



1. You've been in practice at Total Foot and Ankle for a year and a half now. What have you enjoyed most during this time in practice with us?

I enjoy the fast pace of the office, there is such a deep and rich variety of pathology that presents every day. Our patients pose some serious diagnostic challenges and I am thankful that I can play such a part in improving their health and quality of life.

What has been your greatest challenge?

Long hours in the OR are nothing compared to the challenge of keeping all the paperwork needs in order. There is a lot to juggle and stay on top of on a daily basis. Keeping track of EMR programs at three hospitals plus the office is daunting at best.



2. Why did you choose a career in podiatry?

I am probably dating myself but back in the early 80s when I was looking to get into the medical field a friend was in Podiatry school. She knew of my passion for surgery and convinced me that the field was wide open and just starting to grow. A recruiter at the the New York College of Podiatric Medicine spoke with me and as they say... the rest was history.

3. What is your philosophy on patient care?

I try to see each patient as an individual. I believe my greatest strength lies not in my surgical skills but in my listening skills. I learned a long time ago that its best to let the patient tell you whats wrong. After carefully listening I then exam just as carefully. Then I come up with a diagnosis based on the patients information and on what my exam tells me. Of course I add in the result of tests for good measure and then treat my patient's problem in the most thorough and quick methods possible. I think my patients get better because they know I truly want them to get better and I am giving them my all.

....continued on page 2

4. Share with us some of your best accomplishments, in podiatry or otherwise?

I think my greatest accomplishments are kind of all tied in together. My training in podiatric surgery, my growth as a person, running a practice on my own, raising my kids. I guess that I can say my best accomplishment is my life's work of becoming me and giving the best of myself to every life I touch whether it be personally, or professionally.

5. You moved from the Rochester, NY area to the Tampa Bay area. How has that change been for you?

Well I don't have to shovel snow anymore! Seriously its a pretty big adjustment. Life is very different here. I sometimes find myself missing the familiar. Yet the new is so very exciting. I look forward to learning more and more of what Tampa BAy has to offer

6. How have you been spending your free time in the Tampa Bay area?

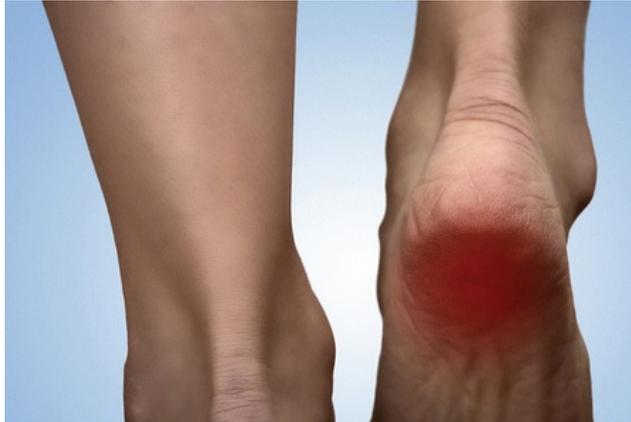
Most of my free time has been spent just settling in. A year and a half and I am still unpacking! I have enjoyed the beach, a little of the trails in the area, sometime enjoying nightlife. Since I have finally unpacked all my outdoors gear I am looking forward to canoeing the many waterways I have discovered. There are two Jeep clubs in the area that I have become involved with and have been on a trail ride for supporting wounded vets. The area is so rich with things to do and see.

Heel Pain Often Caused by Plantar Fasciitis

If you have heel pain, you know that it can halt any exercise program and make it painful to work, run and even stand. Plantar fasciitis is the most common cause of heel pain.

What Is Plantar Fasciitis?

The plantar fascia is a thick band of tissue that attaches to the heel bone and runs along the bottom of your foot. When this tissue becomes inflamed because of repeated stretching and tearing, it can be painful to walk, especially when first arising in the morning and when getting up after sitting for a period of time.



Plantar fasciitis is common in runners or those who play sports with a lot of jumping. You may also be at risk of this painful condition if you have a high arch, wear poorly-fitting or worn out footwear, are overweight or if you stand on hard surfaces for long periods.

Note that 50% of patients with plantar fasciitis also have a heel spur, a bony growth on the heel bone. Heel spurs may not cause any pain and usually don't require separate treatment.

Treating Heel Pain Caused by Plantar Fasciitis

Ignoring plantar fasciitis isn't a good idea as it may result in chronic heel pain that keeps you from enjoying your favorite activities. Also, if you unconsciously change the way you walk to accommodate the pain, you may develop foot, back, knee or hip problems.

We can help! Our approach to treating your plantar fasciitis will be:

- Medication - with your doctor's approval - to relieve pain and reduce inflammation.
- Physical therapy to stretch the plantar fascia and Achilles tendon and strengthen lower leg muscles.
- A night splint to keep your calf and foot arch stretched while you sleep.
- Custom-fitted orthotics to help distribute the pressure on your feet more evenly.

If non-invasive treatments don't help, we can give you a steroid injection at the sensitive area. Shock wave therapy using sound waves to give a deep tissue massage can also stimulate healing. Surgery may be recommended only in rare cases that don't respond to other therapy.

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History FootNote

In 1881, a patent was issued for a nail clipper that hung from the owner's belt and doubled as a glove buttoner.

Celebrity Foot Focus

Sarah Jessica Parker has suffered from plantar fasciitis - although not from playing football as is the case with Eli Manning, New York Giants quarterback. SJP's problems are most likely a result of wearing high heels for extended periods of time on a regular basis.

Preventing Youth Injuries in Sports

If you have a child or teen who enjoys playing sports, you may have spent some time in an emergency room after an injury. You're not alone - the Centers for Disease Control and Prevention (CDC) estimates that more than 2.6 million children and teens get treatment in emergency rooms each year for recreational and sports-related injuries.



Common Sports-Related Injuries

- **Sprains and strains.** An ankle sprain is the most frequently seen sports-related injury.
- **Repetitive motion injuries** that can result in tendonitis, stress fractures or plantar fasciitis.
- **Traumatic brain injuries or TBIs.** A concussion is a mild TBI, but more severe injuries can have serious, debilitating consequences.
- **Heat-related illnesses** are on the rise when young athletes experience dehydration, heat exhaustion and even heat stroke.

If you observe any foot or ankle pain or injury, please visit us as soon as possible so we can quickly and accurately diagnose and treat the problem.

Sports-Related Injuries in Youth Can Be Prevented

April is National Youth Sports Safety Month and a great time to revisit and reinforce youth sports safety techniques:

- Stay involved as a parent to make sure your child isn't pushed beyond his ability.
- Your child should start slowly and gradually build up endurance. Check that there is ample time for warm-ups, stretching and cool-downs.
- Always equip your child in appropriate and high-quality protective gear and footwear for each specific sport.
- Watch for any signs of pain - don't ask your child to "work it out" as this can make any injury worse.

Learn more about preventing youth sports injuries from the CDC and KidsHealth.org.

Recipe of the Month

Grilled Pear & Cheddar Pockets

Crunchy pear, sharp cheddar, and peppery arugula come together for a delicious and healthy sandwich. It's low fat and quick and easy to make.

Ingredients

- 2 teaspoons Dijon-style mustard
- 1/2 of a whole grain pocket thin flatbread
- 2 slices ultra-thin sharp or mild cheddar cheese
- 1/4 cup arugula
- 1/3 of a medium red pear, cored and cut into 1/4-inch-thick slices

....continued on page 4



Joke of the month



Math:

The math teacher saw that Daphne wasn't paying attention in class. She called on her and said, 'Daphne! What are 2 and 4 and 28 and 44?'

Daphne quickly replied, 'ABC, CBS, HBO and the Cartoon Network!'

Trivia

The titanic hit the infamous iceberg on which day in April?

- A. 7
- B. 14
- C. 22
- D. 29

Answer B

....continued from page 3 **Recipe of the month**

Directions

1. Preheat a small covered indoor electric grill.* Spread mustard over the interior surfaces of the pocket thin flatbread half. Arrange the cheese slices in the pocket, folding to fit. Add arugula and pear slices.
2. Place the flatbread half on the preheated grill and close.* Grill about 1 1/2 minutes or until lightly toasted.

Tip

* If you do not have a covered indoor electric grill, place filled pocket in a preheated nonstick skillet and cook 2 to 4 minutes or until lightly toasted, turning pocket once.

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Meet our Doctors



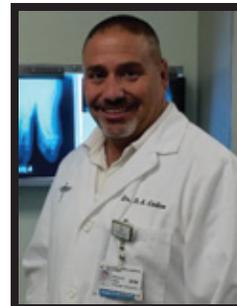
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