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Total Foot and Ankle of Tampa Bay

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NEWSLETTER

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We Welcome Dr. Endri Afesllari To Our Practice!!!

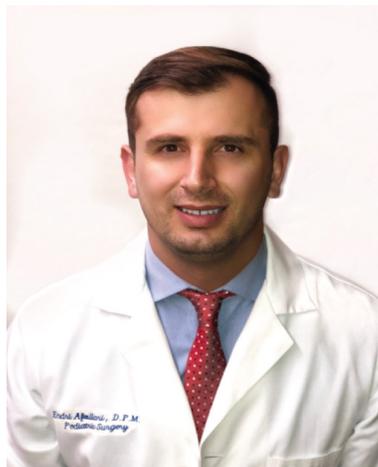
Dr. Endri Afesllari grew up in the suburbs of Detroit and is ecstatic about the opportunity to practice the profession he loves in the Tampa Bay Area. Dr. Afesllari graduated from Wayne State University with a biology degree with both departmental and university honors. He went on to pursue his medical degree in New York on a scholarship at the College of Podiatric Medicine and the prestigious Mt. Sinai School of Medicine graduating in 2015.

Dr. Afesllari’s practice philosophy is evidence based medicine using an empathetic approach while respecting patient values. He encourages patient involvement and believes that a shared decisionmaking approach yields the best medical and surgical outcomes. He completed a rigorous residency in foot and ankle surgery at Henry Ford Macomb Hospital. Although he enjoys every aspect of it, Dr. Afesllari considers surgery a last resort for foot and ankle ailments.

Dr. Afesllari is a member of American Podiatric Medical Association and the American College of Foot and Ankle Surgeons. He has published multiple articles related to foot and ankle pathology. Being actively involved in research has allowed him to stay up to date with the most recent medical and surgical advances.

Dr. Afesllari has received specialized training in arthroscopic reconstruction and total ankle replacement. His area of interest is MIS (Minimally Invasive Surgery) for bunions, hammertoes, as well as foot and ankle fractures.

In his free time, Dr. Afesllari enjoys playing soccer, volleyball and spending time with his family and friends. He is excited to move to the Tampa Bay Area and enjoy the warm weather and the beautiful beaches it offers. Dr. Afesllari recently got engaged to his long-term sweetheart and looks forward to tying the knot with her in 2019.



Request an Appointment

Our Offices

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Tuesday:
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Wednesday:
09:00 AM - 4:00 PM
Thursdays:
7:30 AM - 2:30 PM
Fridays:
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Listen – Your Feet Are Trying to Tell You Something!

If your feet could talk, what do you imagine they might say to you?

Think about it – your feet are subject to punishing stress every single day of your life! From walking, to working out and playing sports, to dancing and working and even just a good tickle – our feet are our foundation and main mode of transportation too.



All too often, we ignore our feet and expect them to keep going and going ... just like the Energizer Bunny! But if our feet could talk and tell us what they really need, what do you think they would say?

- **“We hurt!”** Listen to us! When our heels or toes are painful, or we feel inflamed or swollen, or even feel cold or a little numb – that could signal a problem. Don’t ignore us – take us to an experienced foot doctor for an evaluation.
- **“Check us every day.”** Even small changes in our shape, color, skin texture, or any type of damage may be a sign of a serious issue. This is especially true if we have diabetes. Take a few minutes to check us thoroughly every day.
- **“What are you thinking with these tight shoes?”** C’mon, we have to be comfortable to do our job properly! Our toes need plenty of room to wiggle and move around. Please invest in some sturdy shoes with wide toe boxes – no pointy toes!
- **“We look great in high heels, but they are doing a number on us.”** Wearing high heels jams our toes into a too-narrow space and can cause lasting and even permanent problems like bunions, hammertoes and metatarsalgia (pain in the ball of the foot). High heels can throw off our balance causing fractures and sprains and can even lead to knee and back problems! Please wear high heels only for special occasions.
- **“Use a straight edge to trim our toenails!”** An at-home pedicure is fine, but cutting our nails too closely or rounding them at the corners can cause painful ingrown toenails.
- **“That slightly grimy nail salon? Just say no!”** Please, do your homework! Check out any nail salon in advance and look for implements that are sterilized after each use; sanitized basins; super-clean floors and chairs; all posted state and local permits and licenses. We don’t want to come home with a fungal or bacterial infection.

What are your feet trying to tell you? Listen carefully, and then call us for a prompt evaluation, professional diagnosis and an effective treatment plan created just for you.

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History FootNote

Tinea pedis, or athlete’s foot, became epidemic in America in the early twentieth century, stimulated by modern socks and shoes that generated warm and moist environments that kept the fungus alive.

How to Prevent Athlete's Foot

If you have noticed an itchy, red rash between your toes, you may have athlete's foot, the most common type of fungus that can appear on your feet. This unpleasant and uncomfortable infection can exhibit a rash and also small, red blisters, dryness, and scaling. Advanced cases can appear as leaky ulcers or sores.



Athlete's foot is caused by a fungus that also causes ringworm and jock itch. This particular fungus loves damp, warm environments like your socks and the insides of your shoes. It is also contagious, and you can pick it up in public showers, locker rooms, and swimming pools.

Because athlete's foot is so contagious, it spreads from person to person and you can even contract the fungus from another person's towel or shoes.

The most effective treatment for athlete's foot is prescription-strength medication, oral or topical or both. Please call us if your rash has turned into leaky sores, if it has spread to your hands or groin, or if the rash just won't go away.

Preventing Athlete's Foot

There are steps you can take on a regular basis to reduce the risk of the athlete's foot fungus:

- Never go barefoot in hotel rooms, pools, gyms, showers and locker areas. Protect your feet with shower shoes or flip-flops.
- Keep feet dry to avoid the moist, warm environment that fungi love. Avoid wearing plastic and rubber shoes that have little ventilation.
- Wear sandals when you can to air out your feet.
- Wash your feet on a daily basis with a mild soap and dry completely, especially between the toes.
- Wear socks made of natural fabrics or those that wick moisture away from the skin.
- Change socks every day and alternate wearing different shoes so they dry out completely.
- Don't share towels, linens or shoes with anyone who may have athlete's foot.

Recipe of the Month

Spicy Sriracha Shrimp

Spark up the grill with shrimp marinated in a few simple ingredients that when combined creates a warm, lasting, and assertive heat without being overbearing. Pile them on a platter and watch them disappear!

Ingredients

- 1/3 cup Sriracha
 - 1/3 cup olive oil
 - 1 teaspoon Worcestershire Sauce
 - 3 cloves garlic, crushed
 - 1 handful cilantro, roughly chopped, plus more for garnish
-continued on page 4



Celebrity Foot Focus

Actor Kristen Stewart walked the Cannes Film Festival barefoot to protest its "no flats" rule.

Foot Funnies



If athletes get athlete's foot, what do astronauts get?
Missile-toe!

Trivia

Which can be a symptom of athlete's foot?

- A. Itching or burning on skin of feet
- B. Rash on feet
- C. Blisters on feet
- D. Thick or crumbling toenails
- E. All of the above

Answer: E. All of the above.

The affected area may also develop cracks in the skin or inflammation. The primary site on the foot for this infection is between the toes, but it may also occur on the heels. The infection may also affect the palms and fingernails.

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

- 1 teaspoon sugar
- Salt
- Freshly ground black pepper
- 2 pounds large shrimp (16 to 20 count), peeled and deveined

Directions

1. Mix together the Sriracha, olive oil, Worcestershire sauce, garlic, cilantro, and sugar. Season aggressively with salt and pepper. Put in a 1-gallon plastic bag, add the shrimp, and mix together in the bag. Marinate in the fridge for 2 to 4 hours. Or longer.
2. Heat a grill. Skewer the shrimp (4 to 6 shrimp per skewer) and grill until pink and delicious, 2 to 3 minutes per side.
3. Remove the shrimp from the grill, slide the shrimp from the skewer using a fork, and pile on a serving platter. Sprinkle with finely chopped cilantro, and throw a few toothpicks in a few shrimp. Watch them disappear.

Recipe courtesy of Food52

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Meet our Doctors



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