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Total Foot and Ankle of Tampa Bay

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NEWSLETTER

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Request an Appointment

Our Offices

Zephyrhills Office
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Office Hours:

Monday:
9:00 AM - 5:00 PM
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8:00 AM - 5:00 PM
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Sun City Center Office

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Office Hours:

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Tuesday:
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Wednesday:
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Thursday:
9:00 AM - 3:30 PM
Friday:
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Wesley Chapel Office

2649 Windguard Circle
Unit 101, Wesley Chapel
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Office Hours:

Tuesday:
8:00 AM - 3:30 PM

OUR RIVERVIEW LOCATION
IS NOW OFFERING LATE
HOURS ON *TUESDAYS!*

WE ARE OPEN UNTIL 6PM



Are Fall Shoes Making Your Feet Hurt?

If your answer is yes, you're not alone. Many people have trouble transitioning from open-toed shoes and summer sandals to fall's closed-in styles. Below are some reasons why:



Bunions—those enlargements at the base of the big toe that result from the bone moving out of place can often be more easily accommodated by summer styles that are open in the front or sandals with cut out sides.

Being back in more confining fall footwear is most likely applying more pressure to the bunion and increasing the pain. Remember too those bunions are a progressive condition. It's possible that your bunion has grown larger over the summer. If the pain persists, it's best to let your podiatrist examine your bunion and determine if it's time for a new treatment plan or possibly surgery.

Heel Pain—if you spent more time in flat shoes or flip-flops during the summer months or you frequently went barefoot you may find your heels are hurting. Lack of adequate arch support can cause an inflammation of the plantar fascia—a long band of tissue that stretches from the base of your toes to your heel on the bottom of your foot. This in turn causes pain in your heel.

Neuroma—when a nerve gets compressed it becomes irritated and begins to thicken. This can result in pain, tingling, burning, or a sensation like there's a pebble in your shoe. Among the most common culprits are shoes that have narrow toe boxes and high heels. These put extra pressure on the nerves, particularly those in the ball of the foot.

Smoothing the Transition

There are a few ways that you can make getting back into your fall shoes easier.

Take it slow—don't go directly from open shoes to wearing traditional fall styles for 8-10 hours a day. Start by putting on this season's styles for a few hours at a time. Try also to vary your shoes and not wear the same pair for multiple days in a row.

Get measured—foot size can increase as you age. It's possible that your feet are hurting because your shoes are too small. Visit a reputable shoe store and get your feet professionally measured to see if a size change is needed.

Add some cushioning—if you're buying new shoes look for styles with cushioned insoles and heel beds for increased comfort. A thicker tread may also help by increasing shock absorption. Consider padding sore areas as well.

Ongoing foot pain should always be evaluated by a podiatrist. Don't put off making an appointment!

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**Apollo Beach/
Riverview Office**
St. Joseph's - South
Baycare Outpatient Center
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2:00 PM - 6:00 PM
Wednesday:
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Friday:
9:00 AM - 3:30 PM

**Baycare/Bloomingdale
HealthHub Office**
2440 Bloomingdale Avenue
Valrico, FL 33596
Ph: (813) 633-5900
Fax: (813) 788-7010

Office Hours:
Wednesday:
9:00 AM - 4:00 PM

Trivia

We are born with arches, and our feet flatten as we grow older.

- A. True
- B. False

Answer: B False

Although our feet can flatten as a result of fallen arches as we age, we do not actually have arches when we are born. Babies only develop these later in life, and adults lose them by not wearing the right footwear.



Recipe of the Month

Sweet Potato, Zucchini & Chickpea Salad

Warm or cold, main dish or side, this salad topped with a zesty lemon tahini dressing is the perfect choice for your favorite fall farm veggies.

Ingredients

For the salad

- 2 yams or sweet potatoes, diced into 1-inch pieces
- 1 zucchini, diced into 1-inch pieces
- 1 can chickpeas, rinsed and drained
- 2 garlic cloves
- 3 sprigs parsley, leaves finely chopped
- 2 scallions, thinly sliced on bias
- olive oil



For the dressing

- 1 tablespoon tahini
- salt and pepper
- zest and juice of 1 lemon
- 1 tablespoon olive oil

Directions

1. Preheat oven to 400 degrees. Line rimmed baking sheet with parchment or silicone.
2. Spread diced sweet potatoes in a single layer on prepared baking sheet, drizzle with olive oil, and sprinkle lightly with salt and pepper. Roast 35-40 minutes, then add zucchini and roast an additional 10-15 minutes, until both vegetables are softened inside and caramelized in spots. If vegetables haven't caramelized at that point, pop them under the broiler for 3 minutes, and they'll brown plenty.
3. In a small frying pan over medium heat, sauté chickpeas and whole garlic cloves in 1 tablespoon of olive oil (just enough to moisten) for about 3 minutes, until the chickpeas dry out a bit and are warmed through. Remove garlic cloves, chop finely, and reserve for dressing.
4. In a medium bowl, mix chickpeas with yams and zucchini. Add parsley and scallions and toss to combine.

Recipe courtesy of food52.com

Born to Run

When it comes to role models in sports, no one is more admirable than Fauja Singh. Singh, a British Sikh, is the oldest marathon runner in the world. The long-distance sportsman didn't take up running until he reached the age of 89. He ran his first marathon when he turned 90 and continued to run them until he reached 100.

He was featured in an advertising campaign for Adidas alongside David Beckham and Muhammad Ali and carried the Olympic torch in 2012. He is the inspiration for a children's book titled, "Fauja Singh Keeps Going", which highlights values like perseverance and resilience. Now 110, Singh challenges himself to think, exercise, eat healthily and pray every day.

Foot Funnies

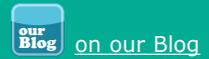


Q: What did the podiatrist say to the gingerbread man with a sore foot?

A: "Have you tried icing it?"



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Meet our Doctors

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