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Total Foot and Ankle of Tampa Bay

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NEWSLETTER

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Skin Cancer Can Strike Feet and Ankles Too

What do Hugh Jackman, Diane Keaton, Anderson Cooper, Brooke Shields and Troy Aikman have in common? They have all had cancerous or pre-cancerous growths removed. While many of us have gotten in the habit of using sunscreen, it's important to remember your feet and ankles need protection, too.



3 Types of Cancers that Can Appear on Feet and Ankles

Melanoma - Malignant melanoma is a deadly skin cancer. This cancer type grows outward but also inward, deep into the body's skin and tissues and spreading through the lymph system and blood vessels. Because they are not always caused by sun damage, they can even be found on the soles and beneath the toenails. Melanomas can often look similar to a mole, plantar wart, ingrown nail, ulcer, bruise or blood blister.

Squamous Cell Carcinoma: The most common form of skin cancer on the feet, they usually don't spread during early stages but can spread when advanced. These growths may be itchy but usually don't hurt, and can look like a fungal infection, ulcer, plantar wart or other skin conditions like eczema.

Basal Cell Carcinoma: Because these skin cancers are often caused by sun exposure, they are found on the feet less commonly than other parts of the body. Basal cells are not as aggressive as other forms of skin cancer and rarely spread beyond the skin. They may resemble benign ulcers or skin tumors.

Learn How To Detect and Prevent Skin Cancer

The American Academy of Dermatology (AAD) has designated May as Melanoma/Skin Cancer Detection and Prevention Month. The AAD's focus is to raise awareness of the seriousness of skin cancer, especially melanoma, and to provide educational materials on its prevention and detection.

You can prevent skin cancer by:

- Limiting the time spent in the sun - especially between 10 am and 4 pm when it's strongest.
- Applying a broad spectrum (UVA/UVB) sunscreen, SPF 15 or higher, every day. Follow product instructions on how much to use and how often to reapply. Keep your child's skin protected too.
- Remembering to use sunscreen on feet and ankles.
- Checking both your feet and your child's feet regularly for any changes in skin appearance as well as sores, cracks or ulcers. Don't forget the bottoms of the feet and toes too.

Here are more tips from the Skin Cancer Foundation, including how much sunscreen is really enough and how often to apply.

Contact us as soon as possible if you see any suspicious growths on your feet and ankles. We are trained to recognize the danger signals of skin cancer. Early detection is vital so call us today!

Request an Appointment

Our Offices

Zephyrhills Office
6326 Fort King Rd
Zephyrhills, FL 33542
Ph: (813) 788-3600
Fax: (813) 788-7010

Monday-Friday:
09:00 AM - 05:00 PM

Sun City Center Office
936 Cypress Village
Blvd. Suite B Sun City Center
FL 33573 Ph: (813) 633-5900
Fax: (813) 788-7010

Mondays:
08:00 AM - 04:00 PM
Thursdays:
08:00 AM - 03:00 PM

Wesley Chapel Office
Florida Hospital Wellness
Plaza 2700 Healing Way,
Suite 308 Wesley Chapel
Florida 33544
Ph: (813) 788-3600
Fax: (813) 788-7010

Tuesdays:
09:00 AM - 04:00 PM

**Apollo Beach/
Riverview Office**
St. Joseph's - South
Baycare Outpatient Center
10141 Big Bend Road
Suite 207 Riverview FL 33578
Ph: (813) 633-5900
Fax: (813) 788-7010

Wednesday:
09:00 AM - 04:00 PM

Nail Salon Pedicures: Put Safety First

Now that spring is finally here across the U.S., some toes that have been sheltered all winter are peeking out of sandals. If you're planning a trip to your favorite nail salon, do some investigating first to make sure your only salon takeaway will be clean and polished toenails.

Nail Salon Safety Checklist

Don't forget - you are a consumer and have the right to check your salon's cleanliness and sanitation procedures. Look for:

- ✓ Current salon and technician licenses. They should all be prominently displayed.
- ✓ Overall cleanliness of equipment and floors.
- ✓ Technician's personal hygiene and grooming.
- ✓ Spotless whirlpool baths without pipes that tend to harbor bacteria.
- ✓ New sterile instrument pack for each customer.
- ✓ Soaking solutions that are changed frequently.
- ✓ New packaged toe separators and buffers that are disposable.



Prep Tips for a Nail Salon Pedicure

- Try for a morning appointment when equipment is cleanest.
- Wear your own flip flops.
- Bring your own instruments if you have a good set.
- Reschedule if you have any cuts or open sores on feet and legs.
- Don't shave your legs within 24 hours of your appointment to prevent bacteria from entering your system.

Sometimes a nail technician may be too aggressive in pushing back the cuticle or can slip when trimming nails or cuticles. A too-rounded toenail cut can create an ingrown toenail. If you notice any toe or foot problems after a salon visit, please call us for an evaluation.

Patients with diabetes should be careful with professional pedicures. Always tell the nail technician that you have diabetes so they will take extra care with their tools.

Recipe of the Month

Garlic Parmesan Zucchini and Tomato Bake

Ingredients

- 2 large or 2.5 lbs zucchini, cut into quarters
- 10 oz grape tomatoes, cut in halves or 2 large tomatoes, diced
- 7 garlic cloves, crushed
- 1/2 cup Parmesan Cheese, shredded
- 1 tsp basil/thyme/oregano, dried
- 3/4 tsp salt
- 1/2 tsp ground black pepper
- 1/3 cup parsley or basil, finely chopped
- Cooking spray

Directions

1. Preheat oven to 350 degrees F and spray 8 x 8 or 9 x 11 baking dish with cooking spray. Set aside.
2. In a large mixing bowl, add all ingredients, except parsley/basil, and stir to combine. Transfer to a prepared baking dish and bake uncovered for 25 minutes for crunchy zucchini or 35 minutes if you like well cooked vegetables. Check for doneness with a fork or knife after 25 minutes. Remove from the oven, garnish with basil or parsley and serve hot/warm.



Recipe courtesy of FoodReal.com

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History FootNote

French physician René Laennec coined the word "melanoma" meaning black tumor. His other contributions to medicine include the invention of the stethoscope in 1816.

Celebrity Foot Focus

Jamaican reggae singer songwriter Bob Marley died from melanoma in 1981. Marley first noticed a malignant melanoma under a toenail which had spread to other parts of his body.

In This Issue

Don't Let an Old Ankle
Injury Spring UpBunionettes Not as Cute as
They SoundCommon Foot Care
Myths Debunked

Don't Let an Old Ankle Injury Spring Up

You've just emerged from a long winter spent hibernating indoors and are excited to enjoy the many outdoor activities that warm spring weather often brings. Before you begin playing your favorite sports again or resume your daily neighborhood walks, keep in mind that the past few months of inactivity may have weakened the muscles, tendons and ligaments in you rankles. And if you've suffered an ankle injury in the past, residual weakness and pain could surface once you become active again this spring.



Schedule an appointment with our office before you decide to start an athletic or fitness program this season. We can examine your ankles for any damage caused by improperly healed ligaments, which can lead to pain and swelling. Remember, ankle pain is never normal no matter how light or rigorous the activity!



Bunionettes Not as Cute as They Sound

Bunionettes, otherwise known as Tailor's Bunion, occur when the joint behind the little toe becomes enlarged. Most common in women, bunionettes can cause Pain, inflammation, ulceration and infection.

When the enlarged joint worsens due to arthritis, joint instability or wearing of heels or narrow-fitting shoes, you can often find relief by wearing wider shoes or taking anti-inflammatory medications.

However, if your symptoms continue, a simple outpatient procedure can allow you to resume your everyday activities without pain.

Surgical treatment for bunionettes can help correct the deformity. When you Come to our office for an evaluation, we'll select from several different procedures based on your foot type, activity level, age and other factors. The surgery is an outpatient procedure performed with a local anesthesia and requires a short recuperative time in a surgical shoe.

There's no reason to endure persistent pain from bunionettes when help is just a phone call away. Contact our office today to make an appointment.



Common Foot Care Myths Debunked

Healthy feet happen when you have the facts, but you'd never believe how many old wives' tales and myths exist about foot care. Now is the time to debunk the myths that stand in the way of you and healthy feet.

Myth: Cutting a notch in an ingrown toenail relieves the pain.

Fact: This doesn't relieve the pain and may actually cause more problems and discomfort. If you have an ingrown toenail, don't perform bathroom surgery—call our office to schedule an appointment. In many cases, a simple surgical procedure will fix the ingrown toenail.

Myth: Walking on an injured foot means it isn't broken.

Fact: Depending on the injury and your threshold for pain, it's possible to walk on a broken foot or ankle. This can make the injury worse and can also lead to serious complications. Stay off an injured foot until you can come to our office for an evaluation.

Myth: Shoes cause bunions.

Fact: Bunions are most often caused by an inherited faulty mechanical structure of the foot, which only surgery can correct.

Myth: A Doctor can't fix a broken toe.

Fact: Untreated broken toes may develop arthritis or become deformed.

Schedule an appointment with our office immediately if you think your toe is broken. Treatment options may include:

- **Rest** - Sometimes rest is all that is needed to heal a traumatic fracture of the toe.
- **Splinting** - The toe may be fitted with a splint to keep it in a fixed position.
- **Rigid or stiff-soled shoe** - Wearing a Stiff-soled shoe protects the toe and helps keep it properly positioned.

• **"Buddy taping"** the fractured toe to another toe is some times appropriate, but in othercases, it may be harmful.

• **Surgery** - If the break is badly displaced or if the joint is affected, surgery may be necessary.

Myth: Foot pain is normal as you get older.

Fact: Foot pain is not normal at any age. Our office can provide relief for many painful conditions, such as arthritis, bunions or hammertoes. Visit FootHealthFacts.org to learn more about these conditions and how to recognize their symptoms so you can get a head start on treatment.



Joke of the month



A mother is trying to get her son to eat carrots. "Carrots are good for your eyes," she says. "How do you know?" the boy asks. The mother replies, "Have you ever seen a rabbit wearing glasses?"

Trivia

What was put on sale for the first time in May of 1886?

- A. United States Savings Bonds
- B. Coca-Cola
- C. Hot Dogs
- D. Ice cream cones
- E. Mothers Day Cards

Answer B.

Coca Cola was created in Atlanta, Georgia, on May 8, 1886.

Dr. John Stith Pemberton, a local pharmacist, produced the syrup for Coca-Cola.

It was put on sale at the nearby Jacobs' Pharmacy for five cents a glass as a soda fountain drink.

Request an
Appointment

Step Forward & Walk with Confidence

A fall could change your life:

3 out of 10 seniors will fall this year

Do you have a balance problem?

DON'T WAIT. Fall prevention can start with an appointment with your doctor for a risk assessment: A review of your health conditions and current medication could indicate that you have a balance problem that may be improved with an ankle foot orthosis (AFO) such as the Moore Balance Brace.



Call us at [813-788-3600](tel:813-788-3600). We can help you today!

Total Foot and Ankle of Tampa Bay

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Suite 308 Wesley Chapel
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Meet our Doctors



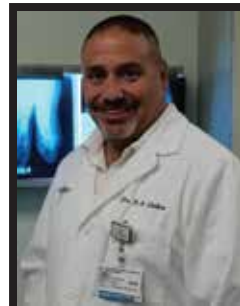
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