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Total Foot and Ankle of Tampa Bay

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NEWSLETTER

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www.mytampafoot.com

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Request an Appointment

NEW EXTENDED HOURS



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We have extended our hours in our Riverview location to serve you better!

We are now seeing patients on Tuesdays from 1:00-6:00PM.

We are in Riverview {Apollo Beach} on Mondays, Tuesdays, Wednesdays, and Fridays!

We are located in the BayCare Outpatient Center at 10141 Big Bend Road.

So, call for an appointment and we will be able to schedule you quickly.

Our Offices

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

Office Hours:
Monday:
9:00 AM - 5:00 PM
Tuesday:
8:00 AM - 5:00 PM
Wednesday:
9:00 AM - 5:00 PM
Thursday:
8:00 AM - 5:00 PM
Friday:
9:00 AM - 5:00 PM

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

Office Hours:
Monday:
9:00 AM - 4:00 PM
Tuesday:
8:00 AM - 4:00 PM
Wednesday:
8:00 AM - 4:00 PM
Thursday:
9:00 AM - 3:30 PM
Friday:
9:00 AM - 3:30 PM

Wesley Chapel Office
2649 Windguard Circle
Unit 101, Wesley Chapel
FL 33544
Ph: (813) 788-3600
Fax: (813) 788-7010

Office Hours:
Tuesday:
8:00 AM - 3:30 PM

Thumbs Up and Thumbs Down on Flip-Flops

Perhaps summer's most iconic footwear, flip-flops are synonymous with the season. This easy-to-slip-on, open-air style is a favorite among many patients but are they a good choice for your feet? The answer is yes, and no. Read on for the pros and cons of this popular style and what to do if it's your go-to summer shoe.



Thumbs Up

Flip-flops have a truly stellar role in protecting your feet and that is preventing fungal, bacterial, and viral foot infections such as athlete's foot, toenail fungus, and warts. All these types of infections are spread by direct contact—a barefoot person with one of these conditions walks on a surface that you then walk on barefoot and presto, the infection is passed to you. In the summertime, community pools, seaside changing areas, and restrooms, gyms, and nail salons are all prime sites for infectious agents that can harm your feet. These and any other public places are the ideal locations to wear your flip-flops. Lightweight and flexible, flip-flops are easy to slip into your beach bag or backpack.

Flip-flops get a second thumbs up for preventing the soles of your feet from getting burned on hot asphalt and sand on a beach day. Always wear them from the car to your perfect place in the sand and don't remove them until you have set down your towel to walk on.

Thumbs Down

Wearing flip-flops for extended periods, however, definitely gets a thumbs down. Traditional flip-flops have no structure and zero support. The design of the shoe requires your toes to constantly curl and grip the front of the shoe for them to stay on. This can lead to several serious podiatric problems, including:

- **Arch and heel pain.** The total lack of arch support causes inflammation of the plantar fascia—the long band of tissue that runs from heel to toe along the bottom of your foot. This in turn can lead to sore arches, heel spurs, and plantar fasciitis.
- **Cuts and bruises.** Since your foot is completely exposed, it's easy to stub your toe or cut your foot on a sharp object as you walk by it.
- **Toe deformities.** The continual toe gripping can exacerbate hammertoe, claw toe, and other deformities where the toe curls downward at an unnatural angle and eventually becomes rigid in that position.
- **Ankle sprains and other injuries.** Because nothing is holding your heel and ankle in place in this style of footwear it's very easy to twist an ankle or trip while walking or running in flip-flops.

Take heart, however, if this is your favorite summer shoe style. Many manufacturers have started building better flip-flops. Look for styles that have the APMA (American Podiatric Medical Association) seal of approval and feature built-in arch support, a cushioned insole, and even a back strap for greater stability.

Give us a call for recommendations of summer shoe styles that are good for your feet.

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Riverview Office**
St. Joseph's - South
Baycare Outpatient Center
10141 Big Bend Road
Suite 207 Riverview FL 33578
Ph: (813) 633-5900
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Tuesday:
1:00 PM - 6:00 PM
Wednesday:
9:00 AM - 4:00 PM
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

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 the above

Answer: E. All 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.



Recipe of the Month

Grilled Peaches with Almond Mint Pesto

Savory almond mint pesto makes grilled peaches the perfect side to anything you toss on the BBQ this summer.

Ingredients

- 1 1/2 cups packed fresh flat-leaf parsley leaves plus more for garnish
- 1/2 cup packed fresh mint leaves plus chopped mint for garnish
- 1/2 cup sliced almonds lightly toasted, plus more for garnish
- 1 garlic clove chopped
- 1 serrano chile chopped
- Grated zest of 1 lime
- 1/2 cup extra virgin olive oil
- kosher salt and freshly-ground black pepper
- 5 just-underripe white peaches halved and pitted



Directions

1. Combine parsley, mint, almonds, garlic, chile, and lime zest in a food processor and process until coarsely chopped. With the motor running, slowly add the olive oil and season with salt and pepper. If the pesto is too thick to pour, add a little water.
2. Heat your grill to high for direct grilling.
3. Brush the cut side of the peaches with canola oil and grill until golden brown and caramelized, about 1½ minutes. Flip over and continue grilling until just heated through, about 1 minute.
4. Arrange the peach halves on a platter and drizzle with the pesto. Garnish with sliced almonds.

Recipe courtesy of dailyharvestexpress.com

The Thrill of Victory and The Agony of “Defeat”

No Olympic games are perfect, and the athletes below are proof. Here are 7 of the worst injuries in Olympic history.

1. Sprinter Derek Redmond’s popped his right hamstring during the 400-meter semifinals (1992 Summer Olympics in Barcelona)
2. Diver Greg Louganis banged his head on the diving board during the three-meter spring-board competition (1988 Summer Olympics in Seoul)
3. Weightlifter Sa Jae-hyounk’s dislocated his elbow while attempting to lift 162kg (357 pounds) (2012 Summer Olympics in London)
4. Gymnast Adrienne Nyeste’s fell face first while performing a routine on the uneven bars (2000 Summer Olympics in Sydney)
5. Gymnast Kerri Strug overcame torn ankle tendons on her final vault to secure the gold medal for Team USA (1996 Summer Olympics in Atlanta)
6. Weightlifter Janos Baranyai’s dislocated his right elbow while attempting to lift 148 kilograms (326.3 pounds) (2008 Summer Olympics in Beijing)
7. Gymnast Samir Ait Said’s fractured his tibia on the landing on his vault attempt (2016 Summer Olympics in Rio)

Foot Funnies



Q: What do Olympic sprinters eat before a race?

A: Nothing, they fast



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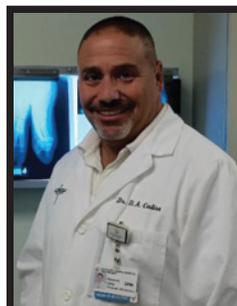
Meet our Doctors



Robert J. Valins
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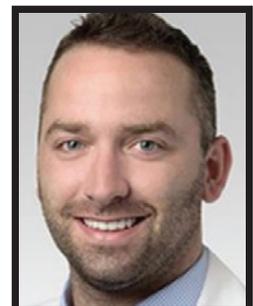
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