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Accepting New Patients

We are accepting new patients at all of our office locations! If you have a foot or ankle problem, we are here to help!

We do TOTAL ANKLE REPLACEMENTS!

 **Book Your Appointment Today!** ➡️

Minimal Incision Bunion Correction

Ask us about the latest treatment in bunion surgery - *minimally invasive bunionectomy.*

This is a game changer for the treatment of painful bunions. Because the incisions are so small, patients undergoing this procedure are experiencing less swelling, less pain and a faster recovery.

Get back on your feet again quickly!

We are now offering advanced skin grafting techniques for difficult to heal wounds.

FEATURED ARTICLES

Three Things to Keep in Mind During National Foot Health Awareness Month



April is National Foot Health Awareness Month, a time dedicated to reminding us of the importance of caring for our feet! Often overlooked, foot health plays a crucial role in our overall well-being.

[Click Here to Read More](#)

Common Foot Health Myths Debunked

Foot health is often taken for granted, and with it comes a host of myths that can misguide individuals when caring for their feet. Debunking some of these myths is crucial for maintaining optimal foot health and taking better care of your feet!



[Click Here to Read More](#)

Quickly start a conversation by sending us a text message!



To reach us, text the number below from your cell phone. We'll send you a link where you can easily view our reply. You won't have to stay on hold or wait for us to call you back.

You may always contact us by text, but please use our web chat platform to send confidential information or images. Our easy-to-access chat platform is more secure than text message.

Send us a text here:

813-652-0354

You can also chat with us on our website:

www.totalfootandankle-tampabay.com

Powered by **klara** Download the Klara app
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NOW AVAILABLE IN THE OFFICE

CUSTOM ORTHOTICS MOLDED TO YOUR FEET DURING YOUR VISIT.



EFFECTIVE ORTHOTIC TREATMENT FOR:

- Plantar Fasciitis
- Heel Pain
- Achilles Tendinitis
- Plantar Calluses
- Flat Foot
- Shin Splints
- Foot & Ankle Arthritis
- Pronation & PTTD
- Metatarsal Head Pain
- Neuroma & More

CALL TODAY TO MAKE YOUR APPOINTMENT

813-788-3600



RECIPE OF THE MONTH

Spinach and Potato Frittata

This potato frittata is delicious and easy to make. Serve it at Saturday family brunches and get-togethers, it's always a big hit.

Ingredients:

- 2 tablespoons of olive oil
- 6 small red potatoes, sliced
- 1 cup torn fresh spinach
- 2 tablespoons sliced green onions
- 1 teaspoon crushed garlic
- salt and pepper to taste
- 6 large eggs
- 1/3 cup of milk
- 1/2 cup of shredded Cheddar cheese



Directions:

1. Gather all ingredients.
2. Heat olive oil in a medium skillet over medium heat. Cook potatoes in hot oil, stirring occasionally, until tender but firm, about 10 minutes.
3. Mix in spinach, green onions, and garlic. Season with salt and pepper. Cook and stir until spinach is wilted, 1 to 2 minutes.
4. Beat together eggs and milk in a medium bowl. Pour over vegetables in the skillet. Sprinkle with Cheddar cheese. Reduce heat to low, cover, and cook until eggs are firm, 5 to 7 minutes.
5. Slice and enjoy!

Recipe courtesy of allrecipes.com.

THIS MONTH IN APRIL

📅 INTERESTING DATES

APRIL						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- 1 April Fool's Day
- 2 National Peanut Butter and Jelly Day
- 20 Passover
- 22 Easter
- 22 Earth Day

📖 HISTORICAL FACTS

- ★ **April 3, 1860 – The Pony Express Begins** - The first Pony Express mail service between Missouri and California started, dramatically improving cross-country communication.
- ★ **April 8, 1974 – Hank Aaron Breaks Babe Ruth's Home Run Record** - Hank Aaron hit his 715th home run, surpassing Babe Ruth and making history in Major League Baseball.
- ★ **April 20, 2008 – Danica Patrick Becomes First Woman to Win IndyCar Race** - Danica Patrick made history by winning the Indy Japan 300, proving women belong in the highest levels of motorsports.
- ★ **April 30, 1789 – George Washington Becomes First U.S. President** - The United States inaugurated its first president, George Washington, marking the beginning of American democracy.

MEET OUR DOCTORS



ROBERT J. VALINS, D.P.M.



MARIA B. WALSH, D.P.M.



DOMENICK A. CALISE, D.P.M.



ENDRI AFESLLARI, D.P.M.



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[Read More Here](#)

Connect Online

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