



FEET FIRST!

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Please enjoy this monthly newsletter, written especially for our patients and those whom you care about. If this month's topic can benefit a friend or family member, please feel free to pass it on so that others can experience the same superior service that you have come to know!

They're *Your* Feet ~ For Life!

If you're lucky, you're born with two of them – a right and a left. Many people consider them to be the ugliest part of the human anatomy, but let's face it, there's a whole lot riding on those two feet. So...if you want them to take you through your lifetime... you'd better be sure to take good care of them.

We tend to take our feet for granted. It's similar to the way you might feel about your car – as long as it gets you from Point A to Point B without running out of gas, breaking down, or getting you into an accident, all is well. But once there's something wrong...you better take care of it right away before things get worse.

It's the same with your feet. They take a lot of abuse because they have the weight of your body to carry around, day after day, year after year. As long as you take care of them and come in to see us at the first sign of any pain or abnormality, they should treat you well. But let some "little" thing

go...and you're bound to have something a lot bigger to deal with, sometimes sooner, sometimes later.

Let's talk about some "Foot Rules of the Road" or "Foot Maintenance" if you prefer. Here are some suggestions we offer to keep your feet in good walking condition!

- Wash feet daily in warm soapy water; always dry thoroughly, especially in between the toes.
- The best time to trim toenails is after bathing when they are soft. Cut across or follow natural shape of nail, leaving some white showing. File to smooth rough edges or to shorten nails, instead of using clippers or scissors. Never cut or file down the sides of a nail as this can cause infection if you break the skin.
- Always wear properly fitted shoes. Buy shoes in the later part of the day when your feet have expanded to their largest size.
- Don't wear the same shoes every day; change shoes often.

- Examine your feet for any changes in color (discolored nails could signal a fungal infection). Look for cracks and breaks in the skin or any type of growth (no foot growth is normal). If you suspect any type of problem, call the office to come in for an examination.



Practicing preventive foot maintenance is one way to keep *minor* foot problems from becoming *major* foot problems.

- Keep feet out of harm's way and protect them from sharp objects, splinters, and debris by wearing shoes or sandals. Don't walk barefooted, even though it's tempting in the summer months!

Don't take unnecessary risks by self-doctoring. Come in to be examined if you experience pain or *any* type of injury. We're here to care for your feet!

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*Quote of the
Month...*

**"When your
mouth
stumbles, it's
worse than
feet."**

African Proverb

About Our Practice

Podiatric Medicine and Surgery is a medical specialty that deals with conditions of the foot and ankle.

Podiatric physicians, who are sometimes called foot doctors or foot and ankle surgeons, treat many conditions of the foot and ankle, including sprains, fractures and other trauma, calluses, plantar warts, bunions, ingrown toe nails, and diabetic foot problems.

The foot and ankle are the foundation of your entire body. Since your entire upper body rests on your feet, it is essential to maintain a proper base of support.

Therefore, it is imperative that you take the necessary steps to insure that the foot and ankle are always in their optimal corrected alignment. Keeping a

"leg up" on any problems or symptoms you may notice helps to insure that you have a more comfortable lifestyle.

Dr. Tomassi is Board Certified by the American Board of Podiatric Orthopaedics & Primary Podiatric Medicine.

He received his podiatric education at the Ohio College of Podiatric Medicine and has been in private practice since completing his post-graduate residency in Youngstown, OH.

Dr. Tomassi has held many positions on professional boards and received numerous distinguished awards.

In addition, Dr. Tomassi is extremely involved in charity activities. He provides Christmas dinners each year to needy area families (since 1988) and provides lower extremity screenings

each year to Special Olympics athletes.

Dr. Dan Olson attended Gannon University (Erie, PA) where he received a bachelor's of science degree. He also received his podiatric education at the Ohio College of Podiatric Medicine in Cleveland.

Dr. Olson is an Associate Member of the American College of Foot and Ankle Surgeons and is board qualified by the American Board of Podiatric Surgery.

He is also a member of the American Podiatric Medical Association and the Pennsylvania Podiatric Medical Association in which he serves as secretary of the Erie/Northwest Division.

At Baycity Associates in Podiatry, we are confident that we can help you with any foot or ankle challenge you might have and we look forward to serving you!