



# FEET FIRST!

July 2009

Volume 2, Issue 7



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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!

## Special Care for Summer Time Feet

It's finally summer – time to shed those layers of clothes and heavy shoes and boots in favor of lightweight breezy clothing and summer sandals.

Many women enjoy having their feet look pretty – especially their toes – when it comes to baring their “soles”! Pedicures often become routine “body maintenance” during the warmer months as an added treat!

And while nicely manicured feet and painted toenails may look elegant – there are special considerations that you need to keep in mind when choosing the salon or spa that will provide you with those “happy feet.”

Nail salons and spas can be hotbeds for infection. Several lawsuits have claimed that staph and other infections, acquired through pedicures in nail salons, were responsible for the deaths of loved ones!

With approximately \$6 billion being spent annually on nail care – this is one

high profit industry.

So... how do you get those pampering pedicures without contracting hepatitis, herpes, warts, HIV or some type of bacterial or fungal infection – conditions that can be lethal – especially for diabetics or those with a compromised immune systems? What types of precautionary measures can you take *before* you decide to put your feet in the hands of a certain nail tech?

- Take in the overall look of the salon. Does it look clean and neat? If anything appears to be dirty – floor included – head for the door!
- Does the nail tech have a license? Is it hanging up? Is it current? Does the “face” match the “picture” on the license?
- How are instruments handled and sterilized? Does the salon or spa use a sterilizer or an autoclave to properly sanitize its instruments? If you have any doubts, find another salon or bring your own.
- How about the foot tubs? Are they cleaned, sanitized

and disinfected after every use? Are the screens or filters disinfected as well? Lots of soap scum, hair, dead skin, body oil and dirt from previous clients accumulates in these dark, moist “traps.” Pipe-less pedicure chairs are far more sanitary.

- Does the nail tech wear gloves?



**Exercise caution when selecting a pedicure salon/spa for “happier feet”!**

Don't be embarrassed or fearful about asking questions. A reputable salon or spa will be more than happy to give you a tour to show you all the precautions they take to ensure the health and safety of their clients.

In fact, some of our patients have come in after a savvy salon or spa nail tech noticed something that didn't look quite right with their feet! So... keep your feet summer time pretty – just be safe about it!

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**Office Hours:**

Monday: 9:00 – 5:00  
Tuesday: 9:00 – 5:00  
Wednesday: 9:00 – 5:00  
Thursday: 9:00 – 6:00  
Friday: 9:00 – 5:00

*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!