



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!

Caring for Your "Mature" Feet

Wrinkled skin. Age spots. Grey hair. Brittle bones. Failing eyesight. Alzheimer's. Difficulty hearing. What do all of these conditions have in common? If you guessed that they primarily affect those who are more advanced in years, you'd be correct.

Unfortunately, your feet are not likely to be spared in the aging process either and you can expect a number of changes in your feet after the age of 50 or so.



As we age, our feet go through certain changes, like many other body parts!

As you age, your feet become longer and wider. The natural padding under your heel and the front of your feet gets thinner and your arches become flatter. It's important to have your feet measured every time you need new shoes. If you think you wear the same

size shoe as you did 15 years ago, your shoes are probably way too small! And...if you're wearing shoes that are too short and/or too narrow, you're subjecting your feet to calluses, corns, hammertoes and bunions!

When you shop for shoes, remember to:

- Shop later in the day because your feet tend to swell as the day goes on.
- Fit shoes to your larger foot – and there usually is a larger foot – so be sure to measure both of them.
- Make sure that your heel stays firmly in the shoe when you walk and that it doesn't move up and down.
- Leave enough room in the toe area to wiggle your toes up and down.
- Leave shoes that are too tight in the box. Don't purchase them thinking that they'll stretch or that you'll break them in – you won't!
- Consider "tie" shoes that can adapt to changes in your feet throughout the day.

- Wear shoes that are made of breathable material, such as leather. Make sure that they have cushioned soles to absorb the shock of walking on hard surfaces.

If you have another condition, such as diabetes, osteoporosis or rheumatoid arthritis, you also run the risk of having foot problems related to your condition.

Circulation problems are common as you get older and can contribute to a loss of sensitivity in the feet. It's a good habit to examine your feet daily for changes that you may not be able to feel. This is especially true if you're a diabetic.

Those who stay mobile as they age tend to live happier and more satisfying lives, but you need your feet to stay mobile! Along with your yearly physical and other exams for eyesight, hearing, breast and prostate health, consider having your feet examined as well.

And by all means, please let us know if you have any concerns regarding your feet and their function.

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*Quote of the
Month...*

***"Keep your feet on
the ground, but let
your heart soar as
high as it will."***

A.W. Tozer

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!