



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!



Dr. Rick Tomassi

Fellow American College of Foot and Ankle Orthopedics and Medicine

Fellow American Society for Laser Medicine and Surgery

Fellow American Professional Wound Care Association



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Associate American College of Foot and Ankle Surgery

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A Weighty Issue For Feet

There's an epidemic that's brewing worldwide – and it's not H1N1, better known as Swine Flu. Actually it's much more sinister than that and it threatens the health of millions of people worldwide. It's obesity... and it takes a toll on the feet that have to support all that extra weight.

People with a body mass index (BMI) in the range of 25 – 29.9 are considered to be overweight. Those with a BMI over 30 are considered to be obese. For most people, BMI is considered to be a reliable indicator of body fatness. BMI is calculated based on a person's height and weight.



People who are overweight or obese exert a lot of extra pressure on their feet!

According to anecdotal (informal) evidence, twice as many patients suffer from serious foot problems as compared to 10 years ago.

According to a survey of patients with past or current foot and ankle pain, or those who have undergone previous foot surgery, a higher BMI or a weight gain prior to the onset of pain seemed to be a fairly consistent factor.

Many people worry about the way they look when they are overweight instead of focusing on the more critical aspects of their health, including the toll that their weight takes on the musculoskeletal system, which includes the ankles and feet. Think of all that additional pressure on your feet and ankles – especially when you walk or climb stairs!

How do excess weight and obesity affect your feet and ankles? Too much pressure on the foot may cause a weakness in the muscle that supports the arch in the foot. This changes the way in which you walk, which changes your posture, which can lead to back problems, bone damage and osteoporosis.

Foot and ankle pain usually affect the weight-bearing parts of the feet, along with tendons and ligaments. Some of the more common foot conditions

include *posterior tibial tendonitis*, which causes pain in the tendon that runs down the inside of the ankle and the foot.

Another common problem that is aggravated by weight is *plantar fasciitis* – heel pain caused by inflammation of the ligament that supports the arch.

Osteoarthritis of the ankle joint is another frequent problem caused by obesity.

And then there's the fact that obese people find it hard to even reach their feet, so they can't see if anything is amiss; they usually wear low-heeled shoes with very little support; and they rarely get any exercise because of their weight, which helps them to pack on more pounds!

If you are overweight, we can help design a specific plan that addresses the problems in your feet to help you to walk more easily and exercise more. And that's a great start at getting the load off your feet!

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*Quote of the
Month...*

**“The journey of
a thousand
miles begins
with one step.”**

Lao Tzu

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!