



# 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!

## Those Bothersome Bunions



**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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When you first notice one, either on your foot or someone else's, a bunion looks like some type of foot deformity.

It certainly isn't at all attractive and the pain that it causes can be quite unnerving – particularly when shoes are involved!

But what is a bunion and how do you get one? Even more important – how do you get rid of one once you do have it?

A bunion is an enlargement of the joint at the base and side of the big toe. Bunions form when the big toe shifts out of its normal (pointing straight) position and moves toward the second toe.

As the big toe leans closer to the second toe, this causes the bones in the joint to move out of alignment, producing the "bump" of the bunion. Bunions don't just occur overnight; in fact, it can take years for the angle of the bones to change and for the bunion "bump" to form.

Bunions cause redness, tenderness and pain around

the affected joint. These symptoms can be aggravated by wearing shoes. In addition, pressure inside the joint can cause arthritis-like pain.



**The development of a bunion is progressive...they don't just happen overnight!**

Heredity seems to play a big part in the formation of bunions. The flawed mechanical structure of the foot, that causes bunions, appears to run in families.

Wearing tight or pointy-toed shoes doesn't actually cause bunions, but it can make the condition progress more quickly. Tight shoes also put pressure on a bunion, which aggravates the symptoms.

Treatment of bunions is conservative at first; the main objective is to relieve pressure on the joint and to slow down progression of the deformity of the joint.

Initially, we'll recommend that you apply ice to the area several times a day - to reduce pain and swelling.

We may also recommend orthotics to keep your feet aligned correctly and to provide added stability. These can help prevent a worsening of the condition.

Comfortable shoes reduce pain and are a better choice than high heels or narrow-fitting shoes. For pain, we generally recommend over-the-counter pain relievers.

If the condition worsens and it begins to affect your ability to walk, or the pain becomes too intense, we may suggest a *bunionectomy*. We will base our recommendation on the severity and progression of the deformity.

To diagnose and treat a bunion, we need to perform a thorough examination. Please call our office to schedule an appointment.

After completing this exam, we will be in a better position to discuss our recommendations and the appropriate treatment plan with you.

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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...*

***"I can't be funny  
if my feet don't  
feel right."***

Billy Crystal

## 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!