



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



Dr. Dan Olson

Associate American College of Foot and Ankle Surgery

Associate American Professional Wound Care Association

Making Pregnant Feet Happy Feet

Pregnancy is a time of great joy and anticipation, whether it's your first child or your fourth! But it's also a time when women are prone to substantial weight gain because, after all, they're eating for two, or maybe even three or four!

This additional weight can wreak havoc on your back, your legs, your ankles and your feet and we've had many a pregnant patient exclaim, "What can I do about my aching feet!"

Foot pain during pregnancy is not at all unusual –and although it can occur at any time during the pregnancy, it typically begins during the second trimester.

Foot pain in pregnancy is usually attributed to edema or excess fluid build up which can affect the woman's ankles, heels, arches and/or the balls of the feet. Fluid build up is often the result of additional weight and the position of the growing fetus *in utero*.

If edema isn't confined to the ankles and feet, and it affects other parts of the

body, such as the hands or face, this should be checked immediately because it could signal a more serious pregnancy-related condition.

When you first discover that you're pregnant, there are a number of precautions that, if taken, will really take the load off your feet and reduce the incidence of pain and swelling.



Pregnancy edema can cause extreme swelling in the feet and ankles that can really be quite painful!

What types of precautions can you, the mommy-to-be take to keep your feet from becoming a pregnancy hazard?

- To reduce swelling, put your feet up whenever possible to take pressure off the lower part of the leg, ankles and feet.
- Don't cross your legs when sitting.

- Opt out of wearing any type of heels at all. There is an increased risk of injury when wearing heels because those heels are supporting more weight. Invest in a good pair of arch supportive sneakers or low-heeled shoes. Don't go barefoot.

- Avoid salt, chocolate and junk foods that help retain fluid; drink lots of water to help keep fluids in your body moving—including to the feet.

Anticipate an up to ½ size increase in your shoe size as a result of pregnancy. This is due to the release of the hormone, *relaxin*, which causes feet to spread longer and wider. Wearing biomechanical orthotics during pregnancy can prevent this.

Please don't let pain and swelling in your feet ruin your pregnancy. If your feet are bothering you, come in to see us so that we can make suggestions that will keep your pregnant feet, happy feet!

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*Quote of the
Month...*

***"You can't put
your feet on the
ground until
you've touched
the sky."***

Paul Auster

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!