



FEET FIRST!

January 2010

Volume 3, Issue 1

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

Those All Too Common Corns and Calluses

Corns and calluses are one of the most common reasons for a visit to the podiatrist office. In fact, we see quite a few cases each and every day!

A *callus* is a hardened area of skin on the foot that forms as the result of pressure or continuous rubbing from shoes or socks. It is usually raised and painless and appears on the bottom of the foot or heel.

A corn usually forms on the tops of toes, in between toes or on the tips of toes. Like a callus, a corn is a hardened area of skin, but it is smaller with a harder center that is surrounded by inflamed skin. Corns usually cause pain because they get pushed into the skin, affecting sensitive nerve endings.

Both corns and calluses form as a means for the foot to protect itself from ongoing pressure. The more persistent the pressure, the thicker the corn or callus!

What types of pressure or other types of foot conditions cause corns and

calluses to develop?

- Shoes that are too tight, causing pressure on the foot, or too loose, causing the foot to move around within the shoe (can also cause blisters)
- Going sock-less or wearing socks that are too loose-fitting
- Hammertoes – the top of the bent toe is a likely area for increased pressure against a shoe
- Improper gait (manner of walking) that causes pressure on the bottom of the foot, making it easier for calluses to develop
- Pre-existing deformity of the foot or biomechanical problem, such as a bone spur



Calluses on the undersides of your feet are common.

Although there are numerous over-the-counter (OTC) corn and callus remover products available, many of these products contain different types of acid that can burn the skin and may cause infection.

For patients who are diabetic, elderly and unable to feel different sensations, these OTC preparations may prove especially dangerous.

The best (and safest) way to treat corns and calluses is to make an appointment for a complete foot and ankle examination. Treating corns and calluses on your own may provide temporary relief but it doesn't address the cause of the corn or callus.

"Bathroom surgery," using a razor or knife to "trim" or remove the corn or callus is dangerous and may lead to additional problems.

Some things like psychiatry, cardiology and podiatry are best left to professionals. Please give us a call if you are having a problem with corns or calluses and let us help – we know just what to do!

**BAYCITY ASSOCIATES IN
PODIATRY, INC.**

3901 Liberty Street
Erie, PA 16509

Phone

814.864.2360

Fax

814.864.2383

Website

www.eriepodiatrist.com

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 just put my feet
in the air and move
them around."***

Fred Astaire

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!