



# FEET FIRST!

June 2010

Volume 3, Issue 6



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*Associate American Professional Wound Care Association*

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!

## Beware the Beach!

You've got your beach chair, a great book to read, your water bottle, lots of sunscreen and a towel. You're all set for a relaxing day at the beach, and the possibility of an accident or injury to your feet is the *last* thing on your mind.

But accidents do happen and going barefoot on the beach is always an accident waiting to happen, so it's best to be prepared to prevent any mishaps – or at least to know what to do if one befalls you!

### Preventative Measures...

To protect your feet when visiting the beach, remember to:

- Wear shoes! Sidewalks, tarred streets and sand get very hot in the sun and you risk painful burns to the bottoms of your feet if you take on these hot surfaces without shoes!
- When applying sunscreen, don't

forget the tops and the bottoms of your feet. Sunburned feet can lead to deadly skin cancers – cancers that can be avoided with a little foresight and a common sense approach.

- If you decide to take a run on the beach – wear athletic shoes to prevent ankle sprains, heel pain and arch pain – injuries that are common when running on soft or uneven surfaces, such as sand. Athletic shoes give you the necessary support to lower your risk of injury.



**Sunburned feet and ankles cause more than just pain and itching – they can cause deadly cancer.**

### Common Injuries...

When you're at the beach, remember to watch out for:

- Jelly fish – even when washed ashore, a jelly fish can still sting you if you step on one. Remove the tentacles and use vinegar or baking soda to reduce swelling and pain. If you feel no relief after several days, call for an appointment.
- Shells, broken glass and other sharp objects in the sand can easily puncture your foot. Call to be seen within 24 hours if you do step on a sharp object that pierces your skin.

Be safe. Wear shoes and sunscreen. But if your feet *do* get hurt on the beach, be sure to come in for an examination and appropriate treatment. And please...don't delay!

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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...*

**“Jazz will endure  
just as long people  
hear it through  
their feet instead  
of their brains.”**

John Philip Sousa

# 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!