



FEET FIRST!

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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

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!

Guidelines for Diabetic Foot Care

Most people with diabetes know that their feet are at particular risk for infection due to nerve damage that causes a lack of feeling in the feet.

Diabetes can also restrict blood flow to the feet, making it difficult to heal a foot injury if one does occur.

There are several guidelines that we recommend you follow, if you have diabetes, to help you avoid serious injury that could result in the loss of a toe, foot or leg:

- Make a visual inspection of your feet every night before going to bed. Look for any signs of swelling, redness, cuts, blisters or bruises and report problems to our office as soon as possible.
- Be careful when trimming toenails to cut them straight across to avoid the formation of ingrown toenails.
- Be sure to bathe feet daily. Never use hot

water – use lukewarm water only.

- Dry feet well after washing; don't forget between toes.
- Use a daily moisturizer to prevent cracks that could split and bleed, however don't use between toes where a fungal infection could develop.
- If your feet are cold at night, wear socks to bed. Never use a heating pad!
- Don't "operate" on corns or calluses on your own. If you have problems with corns or calluses, make an appointment so we can safely remove them - under proper conditions.



Visually inspect feet every night to check for cuts, bruises, redness or swelling.

- If your feet get wet in snow or rain, dry them immediately.
- Never go barefoot, even in summer. An accident or injury is more likely to occur when feet aren't covered, so always wear a protective covering on your feet.
- Wear clean, dry socks and change them if feet perspire heavily or if your feet get wet.
- Quit smoking – smoking restricts blood flow.
- Be sure to have periodic foot exams to check for any problems that might be present and to prevent complications that can arise from diabetes.

We understand the risks associated with the diabetic foot and we are here to offer advice, diagnosis and treatment of foot conditions related to your diabetes. Please let us know how we can help you.

**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...*

**“Power and speed be
hands and feet.”**

Ralph Waldo Emerson

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!