



# 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!

## Prevention of Diabetic Foot Ulcers

If you have diabetes, or know someone with diabetes, than you know that foot conditions are fairly common and that they worsen with age.

The reason for this is that diabetics do not have normal feelings in their feet. Over time, nerve impulses to the feet are impaired due to sugar imbalances. This condition, known as *neuropathy*, decreases sensation in the foot.

Because of the neuropathy, a diabetic cannot feel normal skin sensations or pressure on their feet. Any friction or rubbing from a shoe causes even more pressure - increased pressure that the diabetic can't feel. This pressure causes a breakdown of skin tissue, usually in the bony part of the arch, and an ulcer develops.

The ulcer, if left untreated, can become infected, affecting the bone, and often, amputation becomes necessary.

It is estimated that 60 – 70% of all diabetics

experience neuropathy. One in five will undergo amputation as a result of diabetic ulcers and more than 50% of all amputees are likely to die within 5 years.

Seems astounding doesn't it? To put it more concrete terms, every 30 seconds, someone somewhere in the world is losing a limb due to diabetes. The health care costs related to diabetes in the U.S. alone are \$174 billion a year and approximately one-fifth of that is for diabetic foot care and amputations!!

How can you prevent diabetic foot ulcers and avoid possible amputation? Here are a few of critical suggestions that can help to avoid this severe and dangerous affliction:

- Examine your feet every night before going to sleep. Do a visual inspection to identify redness, cracks, ingrown toenails, and corns. Run the back of your hand up and down the bottoms of both feet. Check to see if there are any areas that feel hotter than the same area on the opposite foot.

A "hot spot" might signal infection which would require immediate care and attention in our office.



**Diabetic foot ulcers can cause severe infection and loss of a limb unless treated promptly.**

- Change your shoes several times throughout the day to lessen the impact of pressure caused by one pair.
- Come into our office on a regular schedule to have your feet examined before a little problem becomes a much larger problem. We can provide you with informative patient education materials to help prevent ulcers that can lead to infection.

If you, or someone you know, have diabetes, please make an appointment to come in and see us soon. We want to provide you with the type of specialized care that you need!

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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...*

***"Your feet  
will bring you  
to where your  
heart is."***

**Old Scots Saying**

# 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!