



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!

There's a Fungus Among Us!

Your feet are red and itchy. The skin between your toes is dry, scaling and cracked and, most likely, you're a male teenager or adult. Hmm - sounds like Athlete's Foot, but it's always best to come in and let us have a look to be sure!

So...what causes Athlete's Foot? A fungus that likes a moist, warm and dark place - so sweaty feet, feet that are not well-dried after exercise, water sports and bathing, and shoes or socks that are too tight create the ideal climate for that fungus to grow.

The condition became known as "Athlete's Foot" because it was common among athletes who frequented swimming pools, locker rooms and gym showers, areas that provide the perfect breeding ground for the Athlete's Foot fungus.

The symptoms of Athlete's Foot include dry skin, red scaly patches, and itching. It usually occurs between the toes or on the heels or tops of the feet. Sometimes

blisters break out on the arches or balls of the feet; these can be especially painful and itchy.

The Athlete's Foot infection can spread to the toenails and the soles of the feet as well. It can also spread to the groin and underarm areas if you scratch the infected area and then touch other parts of your body.

This infection is quite persistent and it is easily spread through bed sheets and clothing. Generally, we treat it by prescribing an antifungal medication, applied topically or taken by mouth, but these medications must be taken exactly as prescribed or the infection can linger or even return.

Here are some tips you can use to decrease your risk of an Athlete's Foot infection:

- Be sure to dry your feet thoroughly after showering. Take special care to dry in between your toes.
- Wear socks that are made of natural materials, such as cotton or wool, or a synthetic material that "wicks" moisture away from the feet.

Be sure to change socks whenever they become damp.



Athlete's Foot causes itchy red patches that can appear in between the toes and on the tops and heels of the feet.

- Avoid shoes that are constructed with synthetic materials, such as rubber. Change shoes often if they are damp and allow them to dry thoroughly.
- Wear sandals whenever possible. Use shower shoes in public areas such as pools, spas, gyms, and locker rooms.
- Use an antifungal powder on your feet and sprinkle some in your shoes daily.
- Never share your shoes with anyone else.

If you suspect that you have Athlete's Foot, please call for an appointment to come in to see us. We can help relieve the symptoms of Athlete's Foot so that your feet can breathe easier!

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*Quote of the
Month...*

**"I still have
my feet on
the ground, I
just wear
better shoes."**

Oprah Winfrey

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!