



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

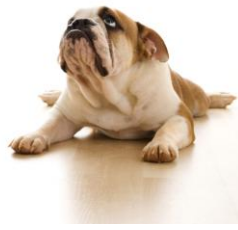
Associate American College of Foot and Ankle Surgery

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!

Please! Don't Take Your Shoes Off!

Does your family retreat when you sit down to take your shoes off after a day at work or a workout in the gym? Does your dog run for cover under the comfort of his favorite chair and put his paws over his nose?



Even your "best friend" runs for cover when you take off your shoes!

Foot odor, smelly feet or *bromohydrosis*, the term we use, all come down to the same thing – stinky feet! It's an embarrassing problem that has broken up many a romantic relationship for sure, but it is preventable and treatable!

Do you know that your hands and feet contain more sweat glands than any other part of your body? In fact there are 250,000 sweat glands in your feet alone!

Fortunately, your hands are exposed, so when they sweat it evaporates rather quickly, unless, of course, you're giving a speech before your Board of Directors!

Unfortunately, it's not the same with feet. They are usually enclosed in socks and shoes all day, so they don't get a chance to breathe.

Bacteria that like warm, moist environments (like your shoes) mix with the sweat from your feet and this causes the foul odor that sends people running every time you take off your shoes!

So...you have to address the sweat from your feet *and* your footwear as preventative measures. Here are some suggestions we offer to our patients:

- Practice proper foot hygiene to reduce bacteria. Wash your feet with soap and water *at least* once a day and be sure to dry them *thoroughly* (especially between the toes).

Soaking them in vinegar and water may also help to control odor.

- Change your socks at least once per day or more often if your feet sweat profusely. Buying more socks is an inexpensive way to keep family and friends around!
- Powder your feet daily with a non-medicated foot or baby powder.
- Rotate your shoes frequently (especially athletic shoes and sneakers) to allow them to "air" out and get rid of any bacteria that may be lurking in them.
- We recommend that you wear Drymax socks that have a dual layer sweat removal system that keeps feet dry. (www.drymaxsocks.com)
- Don't wear plastic shoes - choose leather, canvas or mesh shoes instead.

Although this might be a sensitive issue for you to talk about, we deal with this condition every day. We welcome your visit to explore ways we can help you get rid of your "stinky feet" once and for all!

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*Quote of the
Month...*

***"I definitely just
wanted to stay on
my feet."***

Evan Lysacek
(Skater)

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!