



# 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!

## Foot Pain and Obesity: Age Doesn't Matter



**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*



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You're overweight and your feet hurt. Do you think that maybe the two are related?

Of course they are! Your feet are the foundation of your body. If you put too much weight on any foundation, what happens? It cracks! Your feet and body are no different.

But when you're overweight and your feet hurt, it makes it difficult to exercise so you find it hard to lose weight! And obesity threatens to worsen the progression of serious health issues, such as diabetes and heart disease. It's a vicious cycle...

Common foot problems with obesity include:

- Pain in the tendon that runs along the inside of the ankle and the foot, known as *posterior tibial tendonitis*

Inflammation and irritation of the thick tissue on the bottom

of the foot, from the heel to the ball of the foot, known as *plantar fasciitis*

- Inflammation in the back part of the foot, known as *hindfoot arthritis*



**Obesity in children and adults can cause a myriad of foot problems.**

And foot problems related to obesity aren't just limited to adults. According to the American College of Foot and Ankle Surgeons (ACFAS), an estimated 16 percent of U.S. children ages six to 19 are overweight and podiatrists are starting to see more overweight and obese children with foot and ankle pain.

The heel bone in children isn't completely developed until at least the age of 14; so many overweight children are prone to Sever's disease, an inflammation of the growth plate in the heel due to muscle strain and repetitive stress. Childhood obesity can also bring about stress fractures (hairline breaks) in a child's heel bone.

Overweight or obese children may also experience calf or arch pain, caused by arch collapse or flatfoot, which makes it difficult for a child to walk or run.

If you or your child is overweight and experiencing foot pain, we have suggestions for treatment that can put you out of pain so that you or your child can start to exercise. Break the cycle by coming in to see us for a full evaluation and recommended treatment plan.

**BAYCITY ASSOCIATES IN  
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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...*

**“Forget not that the  
earth delights to feel  
your bare feet and  
the winds long to  
play with your hair.”**

Kahil Gibran

## 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!