



# 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!

## A Dangerous Blockage Indeed!

Deep Vein Thrombosis (DVT), a blood clot that forms in the calf or thigh of the leg, can be fatal if it ends up travelling to the lungs.

What causes DVT? Deep vein thrombosis often develops if you sit still for long periods of time, such as when you travel by car or plane. It even occurs in people who sit at their desks for long periods without taking a break. Medical conditions that affect how your blood clots can also put you at risk for DVT.

One of the main problems with this condition is the lack of any symptoms. You may be suffering from it and not even know that you have it. If you do have symptoms, they might include:

- Swelling in the affected leg, ankle or foot
- Pain in the affected leg, ankle or foot
- Redness in the leg

- A feeling of warmth in the affected area

DVT is often difficult to diagnose because there are no symptoms or because they mimic other more common conditions, such as a pulled muscle, an infection or even arthritis.



**Stretch your legs if you sit for long periods of time at work - to reduce your risk of DVT.**

If testing determines that a clot is present, certain treatment options are available:

- Blood thinners may be prescribed to prevent further clotting
- Compression (fitted) stockings to decrease swelling and pain may be recommended

- A filter that prevents the clot from reaching your lungs if it does break free may be surgically implanted

How can DVT be prevented? Well, if you are a frequent long-distance flyer or rider, make sure you get up and walk around every few hours.

If you work at a desk job all day –move around every 30 – 60 minutes.

For those with a history of blood clots, compression stockings might be recommended to help prevent future clots.

If you are coughing up blood or experiencing shortness of breath or chest pain, seek *immediate* medical help to determine whether a pulmonary embolism, which results when a blot clot reaches the lungs, is present.

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**Office Hours:**

Monday: 9:00 – 5:00

Tuesday: 9:00 – 5:00

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Thursday: 9:00 – 6:00

Friday: 9:00 – 5:00

*Quote of the  
Month...*

**“Heaven is under  
our feet as well as  
over our heads.”**

Henry David

## 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!