



Mr. Paul A. Scotti
 Certified Pedorthist
 Registered Chiropodist
 Foot Specialist

Quote of the Month...

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

Henry David Thoreau

Ask Us About:

custom orthotics



Shockwave Therapy



Magnetic Biostimulation



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

- 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 blood clot reaches the lungs, is present.

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Website

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Office Hours:

Monday: 9:30 a.m. – 5:30 p.m.

Tuesday: 9:30 a.m. – 5:30 p.m.

Wednesday: 1:00 p.m. – 7:30 p.m.

Thursday: 9:30 a.m. – 5:30 p.m.

Friday: 9:30 a.m. – 5:30 p.m.

About Our Practice

The **West Toronto Foot & Ankle Clinic** is a full service foot care facility employing both a Registered Chiropodist and a Certified Pedorthist. With our education and experience you can be assured of the very best in professional health care.

At **West Toronto Foot & Ankle Clinic** we use all the latest techniques and advances in the field to maximize our ability to accurately evaluate and treat your individual and specific foot care needs!

West Toronto Foot & Ankle treats all types of foot problems in children and adults, including corns/calluses, bunions,

ingrown toenails, heel pain/spurs, arthritis of the foot, hammertoes, fungal nails, diabetic foot care, wound care, warts neuromas, sports injuries, and trauma.

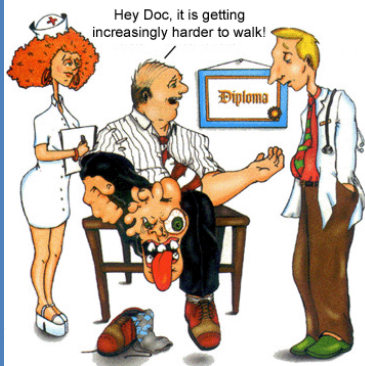
Mr. Scotti is a member of the Pedorthic Association of Canada and has earned accreditation as a Certified Pedorthist from the Canadian Pedorthic Certification Board.

Mr. Scotti completed the Chiropody program at The Michener Institute of Applied Health Sciences (Toronto) and is now a Registered Chiropodist (D.Ch) with the College of Chiropodists of Ontario.

Mr. Scotti is the only known Registered Chiropodist or Podiatrist who is also a Certified Pedorthist (C) in all of Canada. This gives him unique and unparalleled experience that he brings to the clinic. As a result, all the custom orthotics are manufactured onsite by Mr. Scotti.

Our clinic offers comprehensive foot and ankle care in a progressive environment. Our qualified staff is friendly and will ensure a pleasant visit.

At **West Toronto Foot and Ankle**, we look forward to treating you.

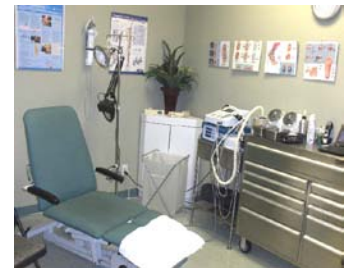


Keeping you active and on your feet!

SERVICES:

At the **West Toronto Foot & Ankle Clinic** we specialize in a variety of foot-related conditions and products, such as:

- Custom Orthotics manufactured on site
- Custom Footwear
- Orthopedic Shoes
- Compression Stockings
- Footwear Evaluations
- Biomechanical Assessments
- Diabetic Foot Care
- Ulcer Management
- Wound Care
- Soft Tissue Surgery
- Nail Surgery
- Complicated/Complex foot care
- Ingrown Nails
- Planter Warts
- Calluses/Corns
- Nail Care
- Foot and Nail Fungus
- Nail and Skin Infections
- Planter Fasciitis/Heel Pain
- Sports Injuries
- Morton's Neuroma
- Pediatrics
- Ankle Sprains
- Foot care products



Other modalities include:

- Shockwave Therapy
- Laser Therapy
- Biomagnetic Stimulation
- Ultrasound
- F-Scan pressure mapping
- Electro surgery
- Vascular testing