

It's already the middle of February 2019, and soon we will start planning for spring break vacation. Traveling far and wide to see sites, family and friends.

My practice consists of 'more mature,' patients; with that said, these patients are at risks of deep vein thrombosis(DVT) – i.e., a simple blood clot in the legs.

If blood flows too slowly through the veins it can cause blood cells to clump together and form a clot in the deep veins within the body; it's called 'deep vein thrombosis.' This condition usually happens in the lower leg, thigh or pelvis and can become a significant health problem.

Usually, the condition warning signs are swelling in the arm or leg, the appearance of enlarged veins, pain or soreness with standing or walking, skin warm to touch in the area that hurts and redness, particularly at the back of your leg below the knee. Now, if these symptoms occur, the only treatment is medication, its too late for prevention.

Individual patients are at higher risk for this condition, such as older individuals who are not as active as before, pregnant women, patients on hormone replacements, as well as smokers. Just recently, I have come across a medical device for such individuals to hopefully prevent this condition. I am happy to provide this new technology to my patients.

The device is portable and rechargeable. This means you can use it multiple times. Usually, I have seen compression stockings, like these used in the operating room to prevent the same condition (blood clots in the legs). Now, this same product, used in the OR, is now available to the public to prevent DVTs.

If you're interested in receiving this new device, please call the office to be placed on the waiting list.

I especially recommend this device to patients with limited ambulation or those who travel exceptionally long distances either by car or airplane. CALL 202-362-4787

