

Treating PAD

If the disease is not severe, PAD can be treated with medication and/or lifestyle changes. If it has progressed to the point where an intervention is needed, there are several procedures available for you and your doctor to consider.

North Star Vascular & Interventional offers minimally invasive, imaging-guided treatments for PAD that do not require open surgery and have a faster recovery period with less downtime. These include:

Angioplasty | At the site of the blockage within the artery, a tiny balloon is inserted and inflated to open the blood vessel.

Stents | A stent is a small metal “scaffold” that is inserted into the site of the blockage to open the blood vessel and keep it open.

Catheter-Directed Thrombolysis | If the blockage in the blood vessel is caused by a clot, a special drug known as a “clot buster” is used. This effectively dissolves the clot to restore normal blood flow.

Atherectomy | An alternative to angioplasty, this procedure is a technique for removing plaque from the blood vessel with a catheter.

If you think you may be at risk for PAD, talk to your doctor. He or she can administer a simple diagnostic test to help determine if you are a candidate for PAD treatment. You can also call us for more information, or to schedule a diagnostic test or consultation.

North Star Vascular & Interventional

The doctors at NSVI are pioneers in Interventional radiology. Hailing from some of the region’s most prestigious healthcare and academic institutions, they were among the first (if not the first) to perform certain imaging-guided procedures in the United States.

NSVI offers the full range of minimally invasive vascular and interventional radiology services, including cancer treatment, at our state-of-the-art Minneapolis-based outpatient center. Cancer, spine fractures, uterine fibroids, knee osteoarthritis and vascular disease can be treated faster, less expensively and with greater precision and safety than ever before.

To learn more, visit NorthStarIR.com.



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Peripheral Artery Disease (PAD)

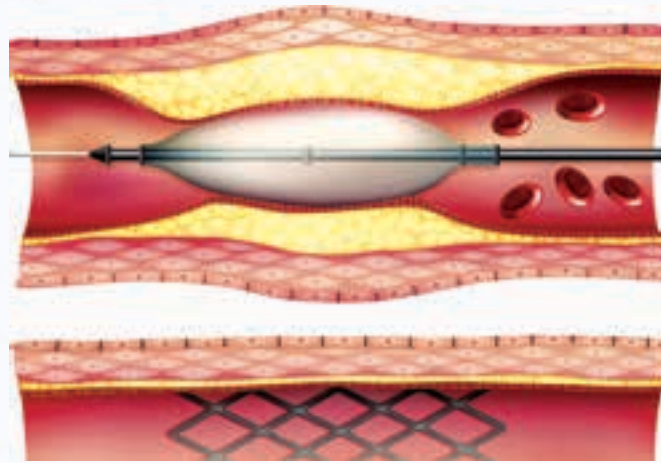
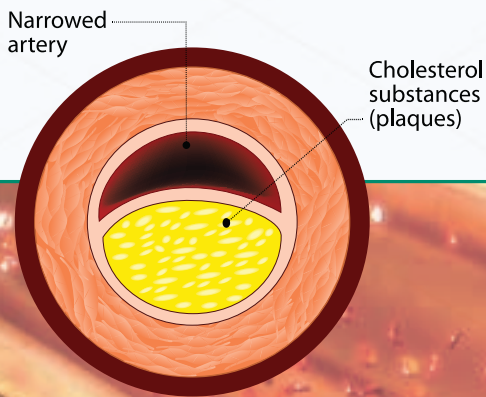
Minimally invasive treatment options



A non-surgical treatment for a common problem

20% of Americans over 65 have peripheral artery disease (PAD). PAD is defined by a narrowing of the “peripheral” arteries, which are blood vessels in the legs and arms. It is caused by the gradual buildup of plaque on the walls of the arteries, and over time it will clog the vessel and restrict the flow of blood. In some cases, PAD may be caused by blood clots that break free from within larger arteries and get lodged in narrower arteries, which also reduces blood flow.

PAD most commonly occurs within the legs. Left untreated, it can lead to painful cramping, limited mobility, infection, gangrene, amputation and even death. Fortunately, there are several highly effective treatment options if PAD is detected early.



Risk factors

Lifestyle and risk factors that can lead to PAD include having had coronary artery disease or stroke, smoking, high blood pressure, high cholesterol, diabetes/metabolic syndrome, family history, being overweight and age (over 50). African Americans are at a higher risk for PAD.



High Blood Pressure



Over 50



Overweight



Family History



Smoking



Diabetes

Difficulty in diagnosing PAD

PAD often goes unnoticed and undiagnosed by healthcare providers. What’s more, the symptoms of PAD are easily mistaken for other conditions, such as neuropathy or just the normal aches and pains of getting older.

Symptoms include:

- Leg pain, numbness, tingling or weakness
- Changes in the color of the arms or legs
- Foot or toe wounds that do not heal or heal slowly
- Decrease in the temperature of the lower legs and feet compared to the rest of the body
- Erectile dysfunction
- Poor nail or hair growth

BPH is also linked to erectile dysfunction and reduced sex drive. Left untreated, it can lead to urinary tract infections (UTIs), bladder damage, bladder stones, kidney damage (or chronic renal failure) and urinary retention (the inability to urinate).

The good news is that PAD is easily diagnosed with simple, easy and painless tests. These can include physical examination by your doctor, ankle-brachial index (ABI), ultrasound, X-ray (arteriogram), CT (CT angiography), and MRI (MR angiography). In some cases, an angiogram may be performed to identify the precise location of blockages within the peripheral arteries.

SAVING LIMBS. SAVING LIVES.

North Star Vascular & Interventional’s *Limb Salvage Program* can help identify those at the highest risk and provide proactive treatment to help avoid amputation. In fact, if you’ve been told you require an amputation, talk to us! We may have a solution to help you keep your limb.