

HEARTBEAT

ISSUE 7

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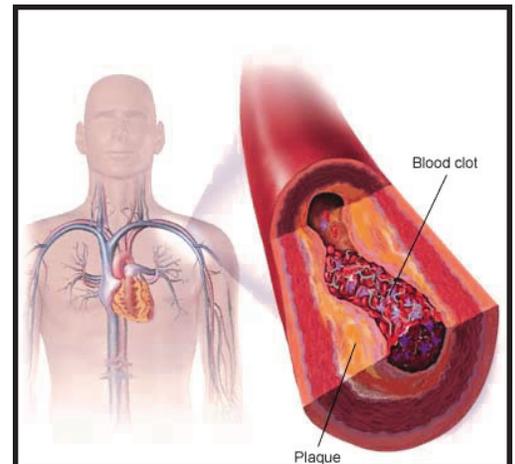
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Stay in Circulation: the facts on peripheral arterial disease

Many people experience pain, tightness, and cramping in their legs during physical activity. Some people attribute this to old age or arthritis. Few people recognize the signs and symptoms of peripheral arterial disease (PAD). The American Heart Association estimates that 8-12 million Americans currently have PAD. Of these millions of Americans, approximately 75% never experienced

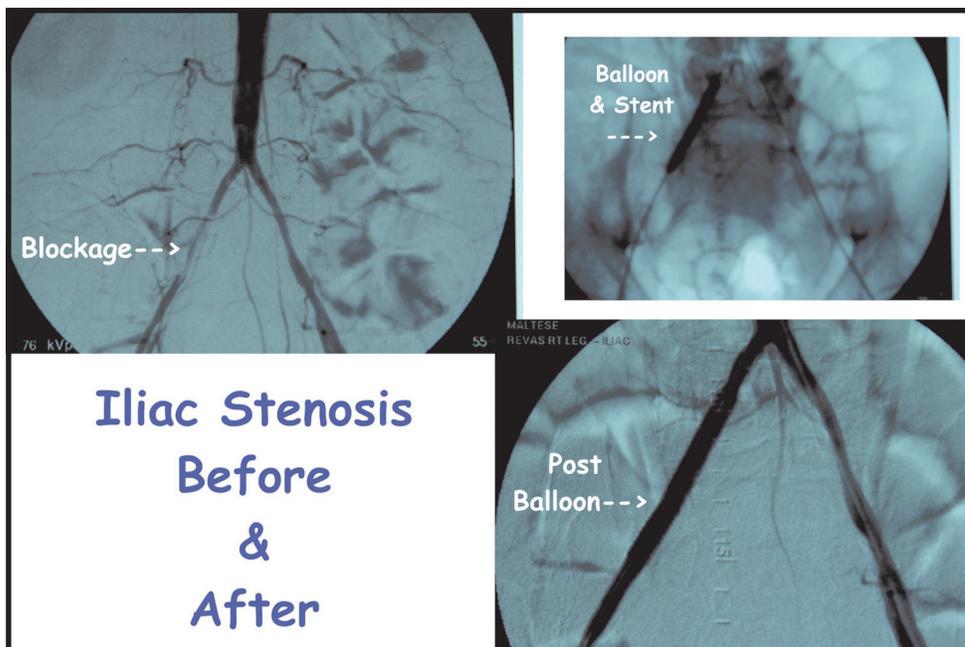
symptoms or were diagnosed incorrectly. Therefore, it is extremely important for patients to know the risk factors, signs, and symptoms of peripheral arterial disease.

Peripheral arterial disease affects the blood vessels outside your heart, such as the vessels carrying blood to your brain, arms, and legs. Fatty deposits and plaque



can clog these arteries causing decreased blood flow and oxygenation to your muscles. When undergoing physical activity, your body's muscles are at an increased demand for oxygen, thus the cramping pain experienced during exercise. The pain is usually relieved by rest due to the decrease in oxygen demand.

The good news is there is a simple, quick, painless screening tool that can be performed to assess for PAD. The screening involves comparing the blood pressure from the patient's



Cardiovascular Associates new office location is 1901 Springhill Avenue.

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Cardiovascular Associates offers free screenings!

We have recently offered our fourth free screening this year. It was for peripheral arterial disease and we had a great turnout. Make note of the upcoming screenings we plan to offer again due to their huge success!

✦ December — Vein Screening

American Venous Forum

✦ March — Abdominal Aortic Aneurysm Screening

✦ May — Carotid Artery Screening

National Stroke Awareness Month

✦ September — Peripheral Arterial Disease Screening

Stay in Circulation

National Vascular Disease Awareness Month

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arm to that of the legs calculating an ankle-brachial index. With this screening tool, the healthcare team can discuss the next step and plan for managing PAD.

If detected early, PAD can be treated and controlled with lifestyle changes and medication. In advanced disease, there are many

new surgical treatments available that are less invasive and require less recovery time leaving the patient with more options for the future. Less invasive surgical treatment of PAD includes both balloon angioplasty and stenting. A wire is passed in the artery and x-rays are done to locate the precise area of blockage. A balloon is then passed and inflated pushing the plaque open and allowing more blood flow to flow through. Cryoplasty includes the use of nitrous oxide in the balloon to help freeze the artery open. Sometimes a stent, or metal coil, is deployed to assist the artery

in remaining open. If these methods are unable to be done, a piece of vein or graft may be used to bypass the blocked artery. All of these surgeries result in more circulation to the foot.

Don't ignore your pain. If you think you are at risk, please call today to be evaluated by one of our physicians.



Peripheral Arterial Disease

Warning Signs:

- Dull, cramping pain in legs, hips, or buttocks during activity
- Numbness or tingling in the legs, feet, or toes
- Changes in skin color
- Persistent cool skin on the legs, feet, arms or hands
- Non-healing infections or sores on feet
- Impotence

Risk Factors:

- Diabetes
- Smoking
- High Blood Pressure
- High Cholesterol
- Advanced Age
- Family history
- Obesity

Patient Corner

Care for Your Incisions

- 1) take all bandages off and wash incisions with antibacterial soap and water daily
- 2) if any drainage, use a dry piece of gauze
- 3) only use antibiotic ointment if instructed by the doctor
- 4) shower daily

Increased redness, swelling, or drainage may be a sign of infection. Call your doctor if you have any concerns.



The Blood Clot: Deep Vein Thrombosis (DVT)

Although over two million Americans will develop deep vein thrombosis or DVT per year, more than half the patients never develop specific symptoms before a serious complication may occur. This is why DVT prevention is so crucial. A DVT occurs when a blood clot develops in deep veins, especially in the lower limbs. DVTs can lead to a serious medical emergency known as a pulmonary embolism or PE. In this condition, a blood clot breaks away from the deep veins and travels to the lungs. This can block blood flow to your lungs and can cause strain to your heart and even lead to death.

A DVT can occur when poor blood flow occurs in your leg veins. This may develop when a person has injury

to the lower limb or is unable to move for long periods of time. Specific causes of DVT include prolonged travel, major surgery, cancer, fractures in the limb, obesity, inactivity, cigarette smoking, use of birth control pills, and clotting disorders. The most common symptoms of DVT include redness, swelling, and tenderness of leg that worsens with activity. If a PE occurs, the patient may experience chest pain, fast heart rate, and shortness of breath. If you are thinking that you are experiencing any of these symptoms, contact your healthcare provider immediately.

There are several ways to prevent DVT formation and complications. It is important to make lifestyle changes such as losing weight, increasing physical activity, and quitting smoking. During long flights or car rides, walk and stretch every 2 hours. Pneumatic compression stockings are another option to prevent DVT, especially if you are sitting down most of the day. Preventing DVTs is crucial in reducing the morbidity and mortality associated with a PE.

IN GOOD HANDS

Although many think of them simply as *heart surgeons*, the physicians at Cardiovascular Associates are trained in all areas of cardiac, thoracic, and vascular surgery. Their backgrounds include training with the distinguished surgeon Dr. Michael DeBakey of Houston, attendance at various medical schools across the country, and yearly postgraduate courses. All are Fellows of the American College of Surgeons, and hold membership in multiple professional societies.

Michael Damrich, M.D.



- ◆ General, vascular, cardiovascular and thoracic training with Dr. DeBakey
- ◆ Diplomate, American Board of Surgery, American Board of Thoracic Surgery
- ◆ Fellow, American College of Surgeons

Carl Maltese, M.D.



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- ◆ Diplomate, American Board of Surgery, American Board of Thoracic Surgery
- ◆ Fellow, American College of Surgeons, American College of Chest Physicians

David Mull, M.D.



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- ◆ Diplomate, American Board of Surgery, American Board of Thoracic Surgery
- ◆ Fellow, American College of Surgeons

Terri Rice



RN, MSN, CCRN

Nicole Lowe



Christy Paragone



Eva Bernacik



Anna Clark



Susan Angerholzer



Nationally Certified Physician Assistants

Surgical Procedures

Vascular

- ◆ Carotid endarterectomy
- ◆ Repair of abdominal and thoracic aortic aneurysms
- ◆ Peripheral vascular surgery & peripheral balloon angioplasty
- ◆ Dialysis access grafts
- ◆ Varicose vein & other vein disease
- ◆ Vascular studies

Other

- ◆ Spinal exposure for neurosurgery and orthopedic surgery
- ◆ Consultant to hyperbaric and wound care center

Cardiac

- ◆ Coronary artery bypass
- ◆ Repair or replacement of valves
- ◆ of the heart

- ◆ Repair of congenital defects and patent ductus arteriosus

- ◆ Implantation of pacemaker and defibrillator devices
- ◆ Minimize for atrial fibrillation

Thoracic

- ◆ Repair of chest wall defects
- ◆ Lung biopsy/Removal of lung lesions/Lung cancer surgery
- ◆ Esophageal repair/Resection of esophageal cancer

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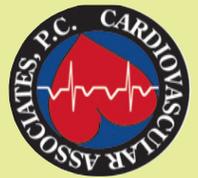


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*In This
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“We provide comprehensive cardiac, thoracic, and vascular care”