

1 in 2 adults develop osteoarthritis of the knee.

## What is Osteoarthritis?

- **Osteoarthritis (OA)**, or better known as the “wear and tear” disease, is the most common form of arthritis. It impacts joints in the hands, hips, knees, and spine. **More than 3 million Americans are affected every year.**
- Osteoarthritis occurs when the spongy material in our joints called cartilage begins to deteriorate. Cartilage is used as a soft material that buffers contact between the bones in our body. When it begins to wear away, bones rub together, which can be painful. **Once cartilage begins to erode, it cannot grow back on its own.**
- The pain that is experienced here comes from inflammation of the joint lining. **Though the symptoms of Osteoarthritis can be managed, joint damage cannot be repaired.**

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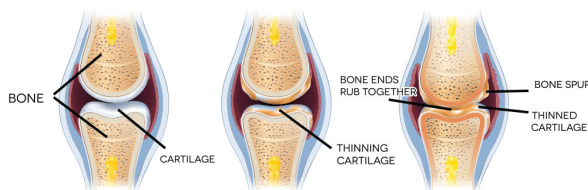
## Do You Suffer From Chronic Knee Pain?



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Normal Joint

Destruction of Cartilage



La Jolla Vein Care has been featured in:







## Symptoms:

- Knee Pain During or After Movement
- Stiffness when Waking up or Being Active
- Tenderness when Pressure is Applied
- Loss of Flexibility in the Knee
- Grating Sensation during Knee Movement
- Popping or Crackling in the Knee
- Swelling in the Knee

## Risk Factors:

- Older Age
- Sex - (Females are more susceptible to developing OA)
- Obesity
- Diabetes
- Family History of OA
- Repetitive Stress on a Joint
- Joint Injuries
- Bone Deformities



## Treatment Options

### Medication

Anti-inflammatory medications like acetaminophen, aspirin, and ibuprofen can all help with pain management.

### Therapy

Physical or occupational therapy supports muscle building. Stretching exercises keep muscles from getting stiff or sore.

### Injections

Steroid shots can also be injected into the joint by a physician to ease aches and pains.

### Surgical Procedures

Partial or complete knee joint replacement should be considered after all non-surgical options have been attempted.

Here at La Jolla Vein Care, we offer an alternative to the typical treatment options for OA of the knee: Genicular Artery Embolization (GAE). This minimally invasive, non-surgical procedure can provide immediate and long-term pain relief for patients with osteoarthritis. GAE works by limiting the blood flow in the arteries of the knee that leads to abnormal inflammation. This reduces the increased blood flow in the lining of the knee. Limiting the blood flow to the inflamed portion of the knee joint helps to break the cycle of inflammation and ease the pain associated with OA.

## Genicular Artery Embolization

GAE is an outpatient procedure, that requires no general anesthesia or overnight stays in the hospital. The GAE procedure takes 1-2 hours. During GAE, your vascular specialist inserts a catheter through a small needle puncture in the leg and into the blood vessels that supply the knee joint using X-ray guidance. Once positioned, tiny microsphere particles are carefully released to slow the blood supply to the inflamed portions of the knee joint. The decrease in blood flow reduces pain and swelling associated with OA. The small catheter is then removed; no incision or stitches are required. The patient is monitored for 1-2 hours after the procedure, then released to go home that same day.

In appropriate patients, GAE is an alternative option for those who do not wish to undergo or are ineligible for knee replacement surgery and have failed to see benefits from other treatment options. GAE is not a cure for osteoarthritis, but patients experience an increase in quality of life as it reduces the symptoms of OA and the dependency on medications, injections and therapy. Long-term joint relief can put miles back into your stride. Contact our vascular specialists at (949) 390-6863 if you think GAE is right for you

