

30% to 40% of Americans who report leg pain while walking have Peripheral Arterial Disease.

What Is Peripheral Arterial Disease?

- **Peripheral arterial disease (PAD), develops when there is excessive plaque buildup on the artery walls,** causing the arteries to narrow. Arteries deliver oxygen-rich blood from the heart to other parts of the body. When plaque builds up, it restricts the flow of blood, oxygen, and glucose. This obstruction causes pain in the leg as the muscles and tissues are starved of oxygen and other essential nutrients.
- PAD symptoms are experienced in the lower extremities. **You may experience pain, cramping, or tiredness in your leg muscles when exercising or walking.** However, the pain usually goes away with rest, only to resurface when you start moving again.
- **1 in 5 patients over the age of 60 suffer from PAD.** Individuals suffering from Peripheral Arterial Disease are at a higher risk of coronary artery disease, stroke, or heart attack. If left untreated, PAD can lead to wounds, gangrene, and limb amputation

La Jolla Vein Care has been featured in:



CONTACT US:

Phone: (858) 550-0330

La Jolla: 9850 Genesee Ave, Suite 410, La Jolla, CA 92037

Chula Vista: 340 Fourth Avenue, Suite 11, Chula Vista, CA 91910

Poway: 15525 Pomerado Rd, Unit A1 Poway, CA 92064

Solana Beach: 530 Lomas Santa Fe Dr, Ste O, Solana Beach, CA 92075

Vista: 906 Sycamore Ave. Vista, CA 92081

ljvascular.com

Scan Here
To Follow Us
On Social Media



Elliot DeYoung, MD
Interventional Radiologist

Sarah Lucas, MD, FACS, RPVI
Vascular Surgeon

Nisha Bunke, MD, FAVLS, RPhS
Venous Disease Specialist, Medical Director

Do You Suffer From
Leg Pain?



www.ljvascular.com



Symptoms:

- Cramping in your legs
- Weakness or numbness in your legs
- Weak pulse in your feet or legs
- Restless legs
- Loss of hair around the ankles
- Numbness or coldness in your feet
- Open wounds or ulcers on your feet
- Change in the color of your feet
- Pain in feet or toes while resting
- Slower toenail growth

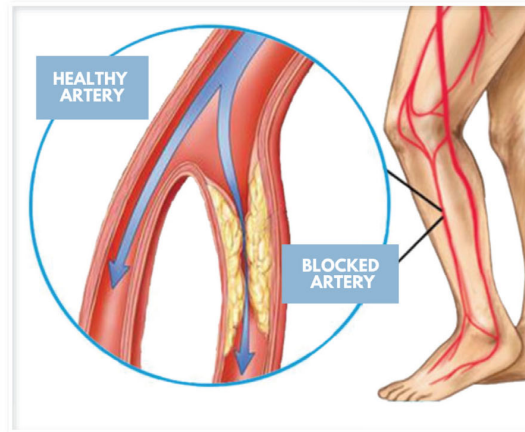
Risk Factors:

- Age (those over 60 are at higher risk)
- Smoking
- Diabetes
- Obesity
- High Cholesterol
- High Blood Pressure
- History of Heart Disease
- Lack of Exercise
- Family History of PAD

Surgical Options

Bypass Grafting

This surgical procedure creates a detour for blood flow, bypassing any blocked arteries. This bypass is created by your vascular surgeon who uses a graft. This graft can be made from part of one of your veins or from a man-made synthetic tube. *This procedure is completed in a hospital with general anesthesia.*



Peripheral Artery Disease

Minimally Invasive Options

At **La Jolla Vein Care**, we offer the following methods of treatment:

Stenting

Years of plaque buildup can cause damage to the walls of the artery. A stent is a wiry, mesh tube that is placed within the artery, acting as an internal support system for the damaged walls. This will prevent the arteries from closing after the plaque is removed. Stents can also be coated with medicines to help prevent future plaque buildup.

Angioplasty

This procedure inserts a small catheter into the artery to restore blood flow. Once in the artery, a small balloon is inflated at the tip of the catheter. The balloon pushes the plaque against the artery wall. The pressure created by the balloon widens the narrowed arteries, allowing for optimal blood flow throughout the leg.

Atherectomy

This is a minimally invasive procedure that uses a catheter (a small, thin tube) to gently remove plaque stuck in your arteries. While under local anesthesia, a small incision is made so the catheter can be easily inserted. During the procedure, the catheter gently removes and sucks the plaque out from the small chamber at its tip. After the plaque is collected, optimal blood flow returns to the arteries.

