

Taking Care of Vascular Health

Advanced interventional vascular procedures: Minimally invasive with Maximum results

Minimally invasive procedures for arteries and veins can resolve leg pain and circulatory problems in the arms and legs quickly and comfortably.

"Most people think of varicose veins when they think of vascular problems, but it's important to be aware of other potential conditions," observes Dr. Shelley. "For example, peripheral artery disease [PAD] affects millions of Americans and is a serious threat to overall health."

PAD results from a build-up of plaque and scar tissue inside the arterial walls, restricting blood flow. This can cause pain, cramping, and tiredness in the legs or arms. Left untreated, symptoms will worsen and possibly lead to more serious problems.

When lifestyle modifications and medications are not enough to resolve PAD symptoms, Dr. Shelley uses noninvasive ultrasound to locate the arterial blockage and remove it using a minimally invasive technique in the interventional suite at Bingham Memorial Hospital.

The high-tech, image-guided instrumentation in this dedicated suite is used to deliver the most advanced and *effective* solutions. The suite's boutique setting is

welcoming, comfortable, and designed to reduce patient anxiety.

Interventional options include balloon angioplasty to compress the plaque, arterial stenting to widen and support the blood vessel from within, and catheter atherectomy that grabs and withdraws the plaque from within the vessel.

Following treatment, patients usually return to normal activities within 24 hours.

Targeting Vein Disease

Leg swelling, discoloration, pain, fatigue, heaviness—all are common signs of venous insufficiency (varicose veins). Left untreated, risks include a worsening of the problem, breakdown of the skin, and the development of non-healing skin ulcers.

Seeking treatment early results in the best outcome.

"We target the source of varicose veins by using laser or radiofrequency energy to treat the underlying problem veins from the inside, shutting them down so healthier veins can take over," describes Dr. Shelley. "This reduces the chance of recurrence."

Unsightly superficial veins can be erased with a laser or delicately delivered injections of a sclerosing agent.

"My patients range in age from their twenties to their eighties," says Dr. Shelley. "I offer an appropriate, successful treatment plan that meets the needs of each patient."



◀ **David Shelley, MD**, is board certified in Vascular and Interventional Radiology and is a member of the Bingham Memorial Hospital Interventional Radiology team.

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