

TREATMENT OF VASCULAR DISEASE

Treatment of vascular disease depends on a number of factors, including your overall health, the severity of the disease and symptoms. In some cases, a few lifestyle changes will be enough to stop the progression of vascular disease. Your primary healthcare physician may prescribe medicine when those changes are not enough.

There are a number of ways blood vessels can be opened to restore the normal blood flow.

In many cases, these procedures can be performed without surgery by using interventional radiology techniques. Montefiore St. Luke's Cornwall's Interventional Radiology Department is staffed by physicians and interventional radiologists that are able to provide diagnosis, treatment and follow-up of vascular and arterial diseases.



Interventional Radiology treatments are less invasive than surgery as there are no surgical incisions. The procedures are generally easier for patients. In most cases, patients are able to go home on the same day as their procedure.

MSLC INTERVENTIONAL RADIOLOGY VASCULAR PROCEDURES –

- Angiograms (peripheral, cerebral, carotid, venous stenting)
- Thrombolysis
- Abdominal Aortic Aneurysm treatment
- Inferior Vena Cava filters (insert/ remove)
- Embolizations (trauma, uterine, fibroid, epistaxis)
- Transjugular Intrahepatic Portosystemic Shunt

HOSPITAL INFORMATION

Main Phone(845) 561-4400
New York Vascular Group(845) 822-8100
Websitewww.montefioreslc.org

To learn more about the New York Vascular Group located in the Cornwall Campus visit: www.newyorkvasculargroup.com

Parking

The garage at our Newburgh campus makes parking convenient, safe and secure. Located right on Dubois Street, the garage is connected to the hospital by an enclosed pedestrian bridge. Self-service pay stations are located on the first and third levels of the garage. Valet parking is also available at the front entrance of the hospital for a flat fee of \$5 per day. The valet service is open from 6 a.m. - 9 p.m. Monday through Friday and 8 a.m. - 4 p.m. on weekends and holidays.. When arriving for your procedure, have the person driving you utilize the valet service.

Directions

From New Paltz and points North: Take I-87 South toward New York City. Use the I-84 exit, Exit 17, toward NY-300/ NY-17K/Scranton/Newburgh. Merge onto I-84 East toward Danbury. Take the US-9W/NY-32 exit, Exit 10, toward Newburgh/Highland. Turn right onto North Robinson Avenue/US-9W South/NY-32. Turn left onto South Street. Take first right onto Dubois Street.

From Fort Montgomery and points South: Follow US-9W North. Turn right on Broadway/NY-32/NY-17K. Turn left on Dubois Street.

From Fishkill and points East: Merge onto I-84 West/NY-52 West toward Newburgh/Newburgh Beacon Bridge. Take the NY-32 exit, Exit 10S, toward Newburgh/US-9W S/Mount Saint Mary College. Merge onto N Plank Rd/NY-32 toward Newburgh/West Point. Turn right onto Route 9W/US-9W S/ NY-32. Continue to follow US-9W S/NY-32. Turn left onto South Street. Take the 1st right onto Dubois Street.

From Middletown and points West: Merge onto I-84 East toward Newburgh. Take the US-9W/NY-32 exit, Exit 10, toward Newburgh/Highland. Turn right onto North Robinson Avenue/US-9W S/NY-32. Turn left onto South Street. Take the 1st right onto Dubois Street.

MSLC #3214 0122

Montefiore | St. Luke's Cornwall

CARDIOVASCULAR INSTITUTE



SIGNS, SYMPTOMS & TREATMENT OF VASCULAR DISEASE

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WHAT IS VASCULAR DISEASE?

Vascular disease, peripheral vascular disease (PVD) or atherosclerosis is a condition where the arteries that carry blood become narrowed or clogged, interfering with the normal blood flow to blood vessels. Atherosclerosis involves blood vessels throughout the body, including those of the legs, kidneys, heart, neck and brain.

Symptoms of PVD include –

- Pain
- Weakness in extremities
- Weakness in legs when walking
- Muscle cramping
- Leg numbness
- Coldness in lower legs or feet
- Sores that will not heal
- No/weak pulse in legs or feet

PVD has common symptoms, but many people with PVD never have any symptoms at all. The location of pain depends on the location of the clogged or narrowed blood vessel.



WHO IS AT RISK FOR VASCULAR DISEASE?

Anywhere between eight and 12 million men and women in the United States may have atherosclerosis. It is estimated that four million of those suffer from leg pain symptoms.

If you are over the age of 50, the following factors are associated with an elevated risk –

- Smoking
- Inactivity
- Diabetes
- High Blood Pressure
- Overweight
- High Cholesterol
- Kidney Disease
- Family History

DIAGNOSTIC TESTING IS AVAILABLE AT MONTEFIORE ST. LUKE'S CORNWALL



The exams will evaluate the blood flow and obtain images to determine the flow of blood through your arteries. The images will determine the condition of the arteries and veins in the brain, carotid arteries, aorta, renal arteries and extremities.

DIAGNOSTIC TESTING OFFERED AT MSLC: Vascular Ultrasound & Computed

Tomography Angiography (CTA) Vascular Ultrasound uses sound waves to view blood flow in the blood vessels. CTA is a CT technique that uses an IV contrast to obtain images.



In some cases, depending on the results of your testing, your primary care physician may recommend an interventional radiology procedure.

ANGIOGRAPHY – Angiography is a minimally-invasive procedure in which the physician is able to obtain a clear and accurate picture of the blood vessels in the area that may be affected. After inserting a catheter through an artery leading to the area of interest, contrast material is injected to highlight the vessels which are seen using x-ray.

ANGIOPLASTY – A catheter with a tiny balloon at the tip is inserted into the blood vessel in the area of interest. The balloon is inflated and stretches the arterial wall and opens the fatty plaques helping to restore blood flow.

STENTING – A stent is a small wire mesh that is placed in the narrowing of the vessel. With the stent in place, the blood flow is restored to the affected vessel.

Peripheral Vascular Disease often goes undiagnosed. Untreated cases can be dangerous and lead to painful symptoms. Patients with PVD have an increased risk of coronary artery disease and stroke. The American Heart Association encourages people at risk to discuss PVD with their healthcare professional.

It is important to learn the facts about PVD! As with any disease, the more you understand, the more likely you will be able to help your healthcare professional make an early diagnosis and start treatment.

For further information, contact Montefiore St. Luke's Cornwall's
Interventional Radiology Department at (845) 568-2669.