

## **Balloon Angioplasty**

Your doctor will inject a special dye through a small, thin tube called a catheter into your bloodstream. The dye allows the doctor to view your arteries on an X-ray monitor. A device with a small balloon on its tip is then inserted through an artery in your leg or arm and threaded through the arteries until it reaches the narrowed area. The balloon is inflated to flatten the plaque against the wall of the artery, opening the artery and restoring blood flow. Then the balloon is deflated and removed from your body.

## **Stent Placement**

A stent is a tube of metal mesh that holds your artery open and may improve the results as compared to balloon angioplasty alone. The procedure is minimally invasive, your doctor will use x-rays to guide a catheter to the location of the blockage and deliver the stent to the occluded area. Stents can be bare metal, covered with fabric and/or coated with medication, which can help prevent scarring while the artery heals.

## **Atherectomy**

An atherectomy may be a recommended treatment for PAD when angioplasty and stenting are not possible due to location of the buildup, or when the plaque is too hardened or severe to be flattened using angioplasty or stent devices alone. In these cases, atherectomy is frequently used as a preliminary step prior to balloon angioplasty or stenting.

Atherectomy is a minimally invasive procedure that uses a small blade or laser to remove the arterial plaque.

This procedure can also be helpful for treating blockages in arteries that occur around branches or in vessels that are not easily treated with stents.



Interventional and Vascular Consultants is a comprehensive medical practice specializing in minimally invasive endovascular solutions to diagnose and treat diseases of the blood vessels. Our unique approach to vascular care is recognized for its commitment to clinical excellence and outstanding patient satisfaction.

The minimally invasive techniques used by interventional radiologists often replace open surgical procedures because there are no large incisions, less risk, reduced pain, and shorter recovery times for patients. Our state-of-the-art endovascular suites are equipped with the newest devices to assist in performing minimally invasive procedures.

### **How to make an appointment:**

#### **Physician Referrals**

Call or fax a request to our office. Please include any pertinent X-rays, labs and chart notes you have. These will be reviewed and a consultation appointment will be scheduled with your patient. We can provide your office with referral forms as well.

#### **Patient Direct Referrals**

Call or email inquiry. We will review your inquiry. We may ask for additional information prior to a consultation appointment to assure that we can provide the care you are seeking.

### **Available for Consultation in Wilsonville**

Treatment is available at our outpatient center in Wilsonville and at the following hospital locations: Legacy Emanuel, Legacy Meridian Park, Legacy Mt. Hood and Legacy Salmon Creek.

#### **Wilsonville Office**

25030 SW Parkway Avenue, Suite 200  
Wilsonville, Oregon 97070

Monday – Friday, 8:30 am – 4:30 pm  
Phone: **503.612.0498** | Fax: 503.459.0521  
[www.ivcnorthwest.com](http://www.ivcnorthwest.com) | [info@ivcnorthwest.com](mailto:info@ivcnorthwest.com)

## **Peripheral Arterial Disease Intermittent Claudication**



**MORE THAN JUST  
LEG PAIN**



**Call us for an  
appointment:**

If your legs hurt when you walk...

If you can not manage hills without stopping from pain...

If you can not manage to walk for long distances...

Then...you may be one of thousands of people suffering from intermittent claudication (IC), known to be an early symptom of Peripheral Arterial Disease (PAD).

**RISK FACTORS:**

- Smoking
- Diabetes
- High Blood Pressure
- High Cholesterol

**Peripheral Arterial Disease (PAD)**

Peripheral arterial disease is a circulatory issue that affects nearly nine million people in the United States every year. It is a condition in which the arteries that carry blood to your extremities have narrowed or are blocked, restricting blood flow and causing several potentially serious health problems.

**What Causes Peripheral Arterial Disease (PAD)?**

Blood vessels that transport oxygen-rich blood and nutrients from the heart to the rest of the body are called arteries. Arteries can become blocked through a process called atherosclerosis. It is when a sticky substance called plaque builds up along the walls of the arteries causing them to narrow and eventually become stiff. When this occurs in the legs, blood flow is reduced and the leg does not receive the proper amount of oxygen it needs. This condition is known as peripheral arterial disease.

**Symptoms**

The earliest and most common symptom of PAD is intermittent claudication (IC). IC causes pain in the legs and/or buttocks while walking and it goes away at rest. A person with IC or PAD may also feel tightness, heaviness, cramping or weakness in the legs with minor activity. IC is often more noticeable when walking uphill or up a flight of stairs. As PAD progresses, a person may begin to feel the symptoms after shorter walking distances. Eventually the pain, numbness, and tingling of the legs will persist even at rest. If left without treatment, the plaque blockages may progress and lead to the formulation of ulcers, gangrene, or even amputations.

**Before**



**After**



**Treatment Options**

**Non-Surgical Options**

- Quit smoking
- Control your diabetes (if you are a diabetic)
- Exercise & weight-loss
- Lower your cholesterol and blood pressure

**Endovascular Procedures** (minimally invasive)

- Balloon Angioplasty
- Stent Placement
- Atherectomy

