

We specialize in
**TREATING PERIPHERAL
ARTERY DISEASE**

THE
**LIMB
SALVAGE**
CENTER

at  **LAM VASCULAR**
— & ASSOCIATES —

214.345.4160 | LAMVASCULAR.COM

WHAT IS PAD?

Peripheral Artery Disease (PAD), also known as Peripheral Vascular Disease, is a very common medical condition caused by the buildup of fatty plaques (atherosclerosis) that restrict the circulation in the arteries carrying blood to the legs and feet. Over time, the arteries can become so narrow that it is difficult for blood to flow through to bring oxygen to the muscles, tissue and organs. PAD primarily affects the legs, but can also damage arteries in the kidneys, abdomen, feet, ankles, pelvis, hips, buttocks and arms.



PAD is a progressive disease that decreases quality of life and increases the chance of heart attack, stroke and amputation.



**PAD affects approximately 8.5 million
Americans over the age of 40.***

**Benjamin EJ, Muntner P, Alonso A, Bittencourt MS, Callaway CW, Carson AP, et al. Heart disease and stroke statistics—2019 update: a report from the American Heart Association. Circulation. 2019;139(10):e56–528.*





PAD SIGNS AND SYMPTOMS

- Painful cramping in the hip, thigh or calf muscles after certain activities, such as walking or climbing stairs
- Leg numbness or weakness
- Coldness in the lower leg or foot
- Sores on the toes, feet or legs that won't heal
- A change in the color of the legs
- Hair loss or slower hair growth on the feet and legs
- Slower growth of the toenails
- Shiny skin on the legs
- Weak or no pulse in the legs or feet
- Erectile dysfunction in men

KNOW THE RISK FACTORS

PAD can often be asymptomatic, making it difficult to diagnose and treat, so it is important to identify and understand what puts a patient at risk for the disease. If any of the following are present, a patient's blood flow should be thoroughly examined.



Diabetes



High blood pressure or high cholesterol



Smoking history



Family history of heart or vascular disease



Overweight (body mass index over 30)



Lack of exercise and sedentary lifestyle



Over 70 years old (or over 50 if they also smoke and/or have diabetes)



PROGRESSION OF PAD

And What To Do Next

Symptoms can develop slowly or in some cases, not at all. It's important to monitor a patient closely if risk factors are a concern or if they exhibit even one of the key symptoms.

Stage 1 - ASYMPTOMATIC

ABI <0.9; Absent/Reduced Pulses

Risk factor management and exercise; requires monitoring.

Stage 2 - INTERMITTENT CLAUDICATION

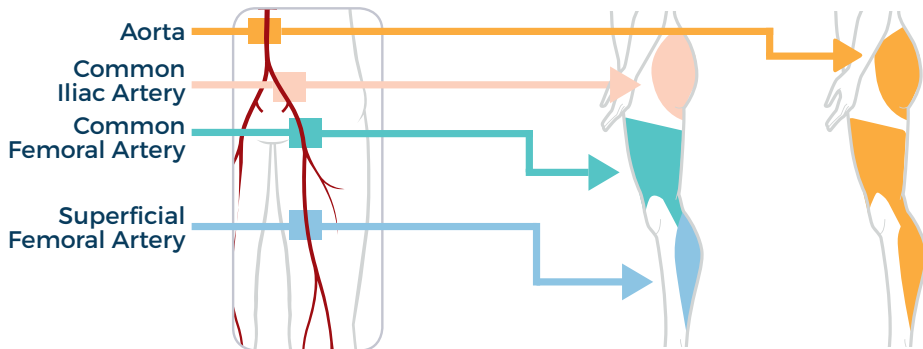
ABI <0.9; Absent/Reduced Pulses

- Aching or burning in leg muscles
- Reliably reproduced at a set walking distance
- Relieved within minutes at rest
- Never present at rest
- Not exacerbated by position

Risk factor management and exercise. If stable, monitor; if worsening, refer to vascular specialist.

SITE OF PAIN = SITE OF DISEASE

Site of Stenosis or Occlusion



STAGE 3 - CRITICAL LIMB ISCHEMIA

ABI <0.5; Rest Pain or Tissue Loss

One or more of the following symptoms:

- Ulceration
- Gangrene
- Rest pain in foot for more than 2 weeks
- May be resistant to opiate analgesia
- May be difficult to distinguish from neuropathy

Risk factor management and refer urgently to vascular surgery.

STAGE 4 - ACUTE LIMB-THREATENING ISCHEMIA

- Rare but important not to miss
- Classically presents with sudden onset of symptoms
- Also indicated by sudden deterioration of claudication
- One or more of the '6 Ps':
 - Pain
 - Pulseless
 - Paralysis
 - Pallor
 - Paraesthesia
 - Perishingly Cold

Refer Urgently to Diabetic Foot MDT with Vascular Assessment.

Once a patient exhibits signs of Acute Limb Ischemia, it is considered a medical emergency and will need to be referred immediately. It takes about 4 to 6 hours for skeletal muscles to be seriously damaged by the lack of blood flow. Timely assessment of a blockage is crucial to a successful treatment. The degree of damage to the affected area will determine which procedure is performed.

Ankle Brachial Index (ABI)

The most important part of diagnosing Peripheral Artery Disease (PAD) is the ABI. ABI is determined by comparing the blood pressure in the arm to the blood pressure of the ankle.

TREATING PAD AND PREVENTING AMPUTATION

Medication and reducing risk factors, including lowering blood pressure and cholesterol, losing weight and stopping smoking are often the first steps in managing PAD.

However, in more severe cases, our physicians may recommend one of the following minimally invasive vascular procedures:

- **Angioplasty** is a procedure in which a catheter is inserted through an artery and guided to the place where the artery is narrowed. Once the tube reaches the narrowed artery, a small balloon at the end of the tube inflates for a short time and presses the plaque against the wall of the artery to improve blood flow. *(Illustration A)*
- **Stenting** is a minimally invasive technique to help open blocked arteries and improve circulation. A special catheter holding a stent is passed into the blockage. As the wrapping around the stent is pulled back, the stent springs open and acts as a scaffold to hold the artery open. *(Illustration B)*
- **Laser Atherectomy** is a minimally invasive endovascular technique which uses a catheter that emits high-energy ultraviolet light to unblock the artery by vaporizing the buildup. *(Illustration C)*





Lam Vascular Angio Suite

Here at **The Limb Salvage Center** at Lam Vascular & Associates, we have a state-of-the-art Angio Suite where we offer comprehensive vascular care all in one place. Pre-op diagnostics, surgery and recovery are all on-site at our office located on the campus of Texas Health Presbyterian Hospital in Dallas.

- **Comfortable outpatient experience**
- **Peace of mind of access to renowned Texas Health Resources facilities**
- **Safety, versatility and cutting-edge technology**
- **Reduced wait times and no hospital stay**
- **Shorter recovery**

Not all procedures can be performed in-office and each patient's experience and results may vary.



THE LAM VASCULAR WAY

At Lam Vascular & Associates, we combine experience and innovative technology to treat Peripheral Artery Disease (PAD). We take the time to get to know our patients, learn their struggles and provide compassionate care in a welcoming environment.

- **Experienced X-ray Technicians**
- **Highly Skilled Registered Nurses and Nurse Practitioners**
- **Board-Certified Anesthesiologists**
- **Renowned Vascular Surgeons**



EXPERIENCE

Dr. Lam has performed over 10,000 complex peripheral interventions



INNOVATION

Leaders in innovative and forward-thinking treatments



COMPASSION

Safe, comfortable, convenient and highly personalized patient care

Reception Area at Lam Vascular

OUR SURGEONS



RUSSELL LAM, MD



CASSIDY DURAN, MD



ESTHER MIHINDU, DO



LAM VASCULAR
— & ASSOCIATES —



MAIN OFFICE | DALLAS
8210 Walnut Hill Lane,
Bldg. 1, Suite 505
Monday-Friday
8:30 AM - 5:00 PM



ROCKWALL
4450 Tubbs Road
Tuesday Only



ARLINGTON
902 W. Randol Mill Rd.,
Suite 200
Dr. Mihindu only
Monday only

Dr. Lam is recognized on a national, state and local level for his excellence in vascular care.



214.345.4160 | LAMVASCULAR.COM