

Healthy Legs

Your leg pain may be caused by vascular diseases of the veins or arteries. Here's how to find out what's really going on.

by Laura Briedis

With each beat, the heart pumps oxygen-rich blood into the arteries—up to 90 gallons an hour. The arteries carry blood away from the heart to all the body's tissues, and then the veins carry blood back to the heart. And so the cycle repeats. Any blockage, however, can lead to myriad of health issues.

While the coronary arteries are prone to developing blockages, so, too, are arteries in the legs. At *Medina Vein & Vascular*

Medina Vein and Vascular offers free leg screens in a safe, clean, outpatient setting.

Vascular Center, Dr. Zadeh has performed tens of thousands of venous and arterial procedures over the past 30 years.

"We focus on all things legs," says Dr. Zadeh. "Having healthy legs results in a healthier life. You are able to exercise, be more active and simply move around easier, which leads to a richer and more fulfilling lifestyle."

In-office Procedure to Treat PAD

A common condition Dr. Zadeh treats is Peripheral Artery Disease (PAD), which results when there is narrowing or blockage caused by the buildup of fatty plaque in the vessels in the legs or lower extremities that carry blood from the heart to the legs. PAD can happen in any blood vessel, but it is more common in the legs.

"If you have pain while walking, specifically in the calf, thigh or buttocks muscles, that is a symptom that you may have blockage in your arteries in your leg," says Dr. Zadeh. "And if the disease is severe, you may have pain in your legs

Medina Vein & Vascular

even when laying down, or have cold feet or discolored toes."

"PAD is very prevalent in our society, especially in people who smoke or have hypertension or diabetes," he says. "If left untreated, PAD can result in a heart attack, stroke or amputation. Our goal is to treat the condition before it gets advanced, so we offer free leg screenings for people who are experiencing leg pain."

Pioneering a novel approach, Dr. Zadeh offers the "pedal" procedure that can be done in an office setting without requiring a trip to the hospital. Working through an artery in the foot, Dr. Zadeh uses balloons, stents or lasers to open up blockages.

In the past, most doctors would access the artery through the groin. Recently, Dr. Zadeh has perfected the technique accessing the blockage through the foot, which is much safer and can be done in an office.

"There is a lot we can do in an outpatient setting," he comments. "This is especially advantageous right now."

Minimally Invasive Vein Procedures

If you are among those suffering from leg pain or swelling caused by vein reflux disease, varicose veins, valve insufficiencies and ulcers of the extremities, Medina Vein & Vascular Center can bring you relief through minimally invasive procedures with virtually no downtime.

As one of the most experienced doctors in the country performing endovascular ablation, mechanical chemical ablation and ClariVein, Dr. Zadeh explains that these minimally invasive procedures use tiny catheters to close off a damaged vein. Once the vein is closed, blood is re-routed to other healthy veins. Following the procedure, a simple bandage is placed over the insertion site and patients can resume normal activities within a day.

Treatments for Leg Ulcers

Most often people associate the word "ulcer" with that burning and gnawing feeling of a stomach ulcer. However, just as common are ulcers of the legs, feet or toes that come with their own painful symptoms. "Leg ulcers affect both men



Medina Vein and Vascular Center's state-of-the-art facility is equipped with the latest high-tech equipment to perform minimally invasive procedures that treat both veins and arteries.

FREE LEG SCREENING!

If you have leg pain, swelling or numbness, don't dismiss them as a normal part of aging.

The source of your leg pain could point to something more serious. Here are some symptoms that may indicate you have a vein or artery blockage:

- Pain in the muscles of the leg, buttocks, thigh or calf while walking
- Sharp, burning pain in the legs or buttocks when lying down or reclining
- Tingling, heaviness, numbness or swelling of your lower extremities
- Restless legs at night when trying to sleep
- Varicose veins or leg ulcers
- Leg wounds that don't heal

Find out if you're at risk by scheduling a free leg screening and consultation with Dr. Barry Zadeh, of Medina Vein & Vascular Center, before June 30, 2020. For an appointment, call 330-723-VEIN (8346).



Varicose Veins



Leg Ulcers

and women of all ages and all backgrounds," says Dr. Zadeh. "And they can be extremely painful." Ulcers of the legs and feet can be caused by disease of the arteries or veins or both. Our multidisciplinary treatment for leg and foot ulcers may involve wound care and the treatment of the underlying arterial and vein disorders.

"We feel we offer the highest quality care and results for our

patients" comments Dr. Zadeh. "And thanks to our new high tech facility in Medina, our treatments are available in a safe, clean, outpatient setting."

Medina Vein & Vascular Center is located at 3591 Reserve Commons Drive, Suite 201, in Medina. Call 330-723-VEIN (8346) for an appointment. For more information, visit LoveYourVeins.com.

On the Grow

Earlier this year, Medina Vein & Vascular Center moved down the street and into a new facility—doubling its size.

In addition to performing vein procedures, Dr. Zadeh can now do arterial procedures, which used to have to be done in a hospital.

This state-of-the-art facility is equipped with the latest high-tech equipment to perform minimally invasive procedures that treat both veins and arteries.

"We are taking extra safety precautions to stop the spread of Covid-19, including wearing masks and an increased disinfecting protocol," says Brian Barberic, general manager. "And just being in an outpatient setting helps alleviate the inherent higher risks of being exposed to the virus when you are in a hospital."



Photography: Benjamin Margalit

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