

PHOENIX + HEALTHCARE PROFILES



Managing physicians of Modern Vascular in Phoenix. FRONT, l-r: Dr. Luis Nadal (Sun City); Dr. Benjamin Wilson (East Mesa). BACK, l-r: Dr. Scott Brannan (North Mesa); Dr. Nikhil Patel (Glendale).

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Leading the Fight to Save Limbs and Lives in Phoenix

Peripheral Artery Disease (PAD) kills 30% more people than breast cancer and is responsible for 900,000 amputations in the U.S. each year. It’s time to start the conversation about awareness and prevention.

Peripheral Artery Disease (PAD) is the narrowing of blood vessels due to fatty plaque buildup. It happens gradually over time, often resulting from poor diet and lack of exercise. For some, the symptoms of PAD are leg pain, cold feet, or skin discoloration. For others, it’s a minor foot wound that spirals in severity, sometimes leading to amputation.

In all these scenarios, early intervention can mitigate damage, but knowing the risk factors is key.

“Older age, type 2 diabetes, prediabetes, smoking, and obesity are significant risk factors in developing PAD,” says Dr. Scott Brannan, Chief of Endovascular Surgery at Modern Vascular, a PAD specialty practice with four locations in the Phoenix area and one in Tucson. “In fact, PAD is present in almost 30% of diabetic patients over age 50.”

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medical management clinics in Arizona in 2017, is on a mission to eradicate lower leg and foot amputation in the general public, specifically among the underserved. PAD is more prevalent within African American, Latino, and Native American communities.

“Leg pain can be an early warning. Listen to it. The earlier we detect the disease, the better the prognosis,” says Dr. Nikhil Patel, Modern Vascular’s Chief Medical Officer. “For some, lifestyle modifications and medication management are sufficient for managing the disease. For those with advanced

wounds, we can intervene to prevent amputation.”

Amputation, the doctors agree, should be avoided at all costs. “Never agree to an amputation without having an arterial evaluation,” says Dr. Patel. “After an amputation, even of just a big toe, many patients will never walk again. When patients can’t walk, PAD worsens, and it becomes a vicious cycle.”

Simple Screening Saves Lives

Just like a routine mammogram, a PAD screening is simple and effective. “At Modern Vascular, we’ve created a screening ‘easy button’ consisting of a streamlined screening call and a noninvasive, in-office ultrasound,” says Dr. Brannan.

Anyone exhibiting symptoms of PAD or having multiple risk factors owes it to themselves to be screened. If PAD has developed, Modern Vascular offers minimally invasive outpatient procedures to revascularize the legs all the way to the toe. Most patients start experiencing improvement within a week.

“Our goal is to return patients to their homes and families the same day and in better health through cutting-edge, innovative, minimally invasive vascular procedures,” says Dr. Brannan. “I feel particularly proud to have brought this level of healthcare to the Phoenix communities where I have spent my whole life.”

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