

FORT WORTH HEALTHCARE PROFILES

Unblocking Arteries, Restoring Quality of Life

Gary Allen, M.D., and the medical team at Modern Vascular in Fort Worth take special care to help patients with peripheral artery disease, improving their overall health and quality of life.



When wounds won't heal around your feet, or your calves are constantly cramping, the smallest movement across the room or down the hallway can feel like an incredible challenge. Around 8-12 million Americans¹ experience these symptoms of peripheral artery disease (PAD)—a condition caused by excessive plaque buildup that narrows the arteries and reduces blood flow. PAD increases someone's risk for stroke, heart attack, and other heart diseases. Left untreated, PAD can even cause leg amputations—in fact, the

disease makes up for over half of all amputations in the United States. The numbers are even higher in Texas.

But with the right medical care, there's hope. If caught early, over 90% of PAD amputations are preventable.² Being able to help patients keep their legs and regain mobility is what drew Gary Allen, M.D., a vascular and interventional radiologist at Modern Vascular, to the field.

"Seeing people who haven't been able to walk resume normal activities in just a few days is what makes this work so meaningful," he says. "I love that we are able to provide outpatient solutions.

Our patients go home the same day."

Minimally Invasive Procedure, Life-Changing Results

Certain lifestyle choices such as smoking or medical conditions like diabetes can increase someone's risk or severity of PAD. Another major risk factor is age. Getting older means plaque has had more time to

accumulate in the arteries. While many people, especially those over 65, may chalk up their mobility issues to aging, it's possible that the real culprit is PAD. "A lot of people don't realize they have it until something happens," notes Dr. Allen.

In these cases, he recommends people get screened—a simple, non-invasive service that takes just minutes at Modern Vascular. The American Diabetes Association recommends that anyone with diabetes over the age of 50 get screened at least every 10 years—and more often with additional risk factors.

If someone does have severe PAD, Dr. Allen and his team can employ the most advanced minimally invasive endovascular treatment to improve blood flow by cleaning out any blockages in the arteries, all the way to the foot and toe. The procedure takes just hours, and the patient can go home the very same day—without stepping into a hospital once. The next day, they should be able to walk their dog or go grocery shopping, pain free.

Dr. Allen is a board-certified vascular and interventional radiologist with over 20 years performing all interventional radiology procedures with a specialized interest in PAD. He is committed to his patients and is dedicated to healing their wounds, preventing amputation, and giving them a better quality of life.

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¹ Cigarette Smoking and Subclinical Peripheral Arterial Disease in African Americans of the Jackson Heart Study. DOI: 10.1161/JAHA.118.010674

² *Diabetes Care* 1 February 2009; 32 (2): 275–280. <https://doi.org/10.2337/dc08-1639>