

## MEMPHIS HEALTHCARE PROFILES

## Unblocking Arteries, Restoring Quality of Life

Patients with peripheral artery disease (PAD) receive education, support, and life-altering treatment at Modern Vascular's new Memphis office.

A woman in her late 60s with Type 2 diabetes, but otherwise healthy, came to see Samuel G. Putnam III, M.D., desperate for help. She knew how important it was to stay active, she told him, but the pain in her legs and feet made exercise impossible.

Dr. Putnam, an interventional radiologist and managing physician at Modern Vascular's recently opened Memphis office, listened carefully as the woman described her symptoms, then performed an arteriogram. "Weak ankle pulses and an ultrasound confirmed peripheral artery disease," he recalls.

Peripheral artery disease (PAD) is a buildup of fatty material, often called plaque, in the arteries of the lower extremities. This results in decreased blood flow that



can worsen over time, Dr. Putnam explains. The disease is most common among smokers and people with diabetes. "A few days later, in our state-of-the-art office

and using local anesthetic, I performed an atherectomy to open the narrowed arteries in her legs and greatly improve blood flow," he says.

As an interventional radiologist, Dr. Putnam uses image-guided technology to treat a variety of vascular conditions. To treat PAD, a pinhole incision is made in the groin and microscopic wires are inserted into the arteries to clean out plaque buildup and restore circulation. Other minimally invasive treatments include balloon angioplasty

and stenting. The average procedure takes just under two hours. Patients go home the same day and are back on their feet, doing what they love, within 24 hours.

### Prevention Is Key

As much as Dr. Putnam and his team find fulfillment in freeing people from pain, they are even more passionate about helping them avoid pain in the first place. "There's so much we can do to manage PAD," he says. "Lifestyle has a huge impact. Eat a healthy diet and exercise regularly. If you have diseases like diabetes, high blood pressure, or high cholesterol, make sure these are well controlled. And whatever you do, don't smoke."

Warning signs for PAD include unexplained leg pain or sores on the lower extremities. "If you're experiencing any of these symptoms, don't ignore them; those sores can progress to gangrenous wounds," he says, adding that more than 50% of amputations in the United States are the result of PAD.<sup>1</sup>

Dr. Putnam received a thank-you letter from his patient a few months after her treatment. The pain in her legs and feet was gone the day after her procedure. "That's what's so satisfying about our work," says Dr. Putnam. "We see people who have been in pain for many months—and we can offer them an improved quality of life very quickly."

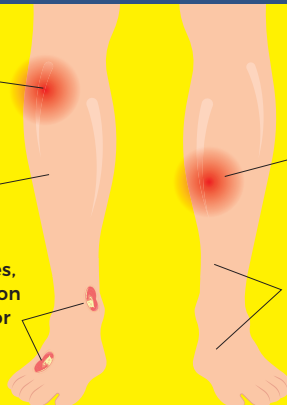
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### SYMPTOMS OF PAD (PERIPHERAL ARTERY DISEASE) INCLUDE:

Leg pain while at rest

Leg weakness or numbness

Persistent wounds, sores, or discoloration on the feet or toes



Muscle cramping in legs while walking, exercising, or climbing stairs

Reduced pulse in legs and feet

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<sup>1</sup> Ziegler-Graham, et al. Estimating the Prevalence of Limb Loss in the United States: 2005 to 2050. Arch Phys Med Rehabil. 2008 Mar;89(3):422-9