

Seeing Patients Through

ARAHealth Specialists provides exceptional care through cutting-edge medical imaging, intervention, and surgery.



DR. ANDY BROWN

Since its founding in 1944, ARA Health Specialists (formerly known as Asheville Radiology Associates) has seen incredible advancements in the field of medical imaging—and they've kept up. A multispecialty practice with board-certified radiologists, vascular surgeons, interventional radiologists, and physician assistants, the center provides leading-edge technology to diagnose and treat myriad conditions.

Problem Veins

Common leg symptoms such as achiness, fatigue, and itching may be more than just a nuisance; they may signal underlying venous disease.

"Approximately 50% of people over 50 years old have some form of venous insufficiency," says Dr. Andy Brown, a vascular and interventional radiologist at ARA Health Specialists, which treats minor afflictions like spider veins to life-threatening conditions like deep vein thrombosis. The risk is higher for those with a family history of the disease, whose profession involves large amounts of standing or sitting, or who are pregnant or post-partum.

However a patient may present with the disease, ARA Health Specialists is equipped to serve. "We begin with an ultrasound to find the underlying source veins. If conservative therapies such as compression hose and leg elevation don't prove effective after three months, we discuss minimally invasive techniques to eliminate symptoms," Dr. Brown explains.

Targeted laser ablation first addresses root problem veins, then stitch-less microphlebectomy eradicates ropey surface veins. The outpatient procedure often takes less than one hour, and patients are walking immediately afterward.

"This approach is low risk and high reward. It's 98% effective in eliminating venous insufficiency, and it's usually covered by insurance," says Dr. Brown.

"Venous insufficiency is progressive," he concludes. "If you do not pursue treatment, it will only get worse with time."

The Best in Breast Care

The statistic is scary: One in eight women will be diagnosed with breast cancer. But knowledge is power, and the first step is knowing trusted local resources for reliable, accessible breast screenings.

At ARA Health Specialists, women have access to a comprehensive suite of screening and diagnostic modalities designed to deliver the most accurate information for their unique breast type, risk, and preferences. The practice's menu includes 3D mammography and MRI as well as diagnostic mammography and ultrasound. A newer modality called contrast-enhanced mammography is also available as an additional screening option for those with dense breast tissue or a high "lifetime risk" of developing the disease.

"Lifetime risk factors include family history, age of a family member's diagnosis, presence of correlating disease such as ovarian or colon cancer, tissue density, and results of prior biopsies. Those with an elevated lifetime risk are eligible for additional screening studies," says Dr. Rachel McEachern, diagnostic radiologist at ARA Health Specialists. Lifestyle factors such as obesity, alcohol consumption, and lack of physical activity may also elevate risk. "For the general population, we still recommend an annual screening mammography beginning at age 40, but new guidelines recommend women get an initial risk assessment at age 30," she notes.

"Our practice is highly collegial and very thorough. We offer the most high-end modalities so we can give patients accurate answers as quickly as possible," says Dr. McEachern. "We recognize this is an emotional journey. We're going to do everything we can to take care of patients."



DR. RACHEL MCEACHERN

Live Better

Asheville Radiology Associates, P.A. has changed its name to **ARA Health Specialists**. It remains a physician-led, multispecialty practice proudly serving patients in Asheville and the surrounding 18 counties of Western North Carolina with a purpose to help each patient achieve their highest attainable quality of life. This purpose, coupled with its vision and mission to be trusted specialists through innovative imaging, intervention, and surgery, is available to every patient, every day.

