

YOUR HOME FOR HEALTHY HEART AND VASCULAR VITALITY

Long Island Heart and Vascular Specialists delivers comfortable, convenient, and compassionate care to keep your heart beating and arteries and veins flowing.

Cardiologist Karthik Gujja, M.D., MPH, offers two valuable pieces of cardiovascular advice: seek early consultation with intervention and exercise regularly. As founder and director of Long Island Heart and Vascular Specialists, associate director of Mount Sinai Endovascular program, and a prolific researcher in the field, Dr. Gujja has seen this advice play out hundreds of times over his tenured career.

"As Americans, we pride ourselves on primary prevention and not just secondary intervention. Early detection makes a big difference—not just to the patient, but to the patient's family and the community at large, who are spared from the emotional and financial burden of a heart attack or amputations," he says.

Women who are diabetic, smoke, or are post-menopausal are especially at risk for cardiac diseases. For such patients, Dr. Gujja recommends annual cardiology checks to assess heart function and to identify early problems. As for exercise, he suggests 30 minutes of active walking or running at least four times per week for all patients. "Human beings are ergonomically designed to walk," he says. "Exercise is a core essence of life."

Venerated Vein Care

Those seeking treatment for unsightly varicose or spider veins don't always realize the presence of an underlying medical condition. "Hormonal changes such as pregnancy and menopause can trigger the vein walls to weaken, which makes them dilated and pool with blood. The most common symptoms are nighttime cramps typically described as charley horses, swelling, and pain," says Dr. Gujja. "Those are signs of venous insufficiency."

After a thorough evaluation to

pinpoint the problematic veins, a customized treatment plan is designed. Compression stockings are an effective tool for many patients, but when those fail to deliver relief, Dr. Gujja employs state-of-the-art therapy to treat the problematic veins and redirect blood flow. Patients can return to work and normal activities immediately, with almost instant symptom relief.

Saving Limbs, Saving Lives

Severe vascular disorders—particularly those connected to diabetes or those not properly managed—present a high risk of limb amputation. Because studies show that amputation leads to increased immobility, heart attacks, heart failure, stroke, and premature death, Dr. Gujja is passionate about sparing patients from amputation whenever possible. When limbs are salvaged, patients' livelihoods and quality of life are salvaged as well.

Long Island Heart and Vascular Specialists is proud to offer limb-salvaging treatments in the security and convenience of their offices, saving patients unnecessary visits to a hospital. "It's helpful to not expose patients to a hospital setting when their immune system is fragile," says Dr. Gujja. "Physicians can also spend more time with patients in an office setting, and patients experience personalized care with comfort in seeing the same faces at each visit."

Among the many five-star reviews for Dr. Gujja's services are heartfelt notes from grateful patients and family members. One patient's daughter called



Karthik Gujja, M.D.
Founder and Director

him a "godsend," while others praise him for returning their quality of life. "One heartfelt hug from a patient is worth a million dollars," he concludes.



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