

Peripheral Vascular Disease (PVD)
Peripheral Arterial Disease (PAD)

10 million people have it. Do you?

When Donald Brink's neighbor in Anamosa received a postcard for a PVD screening at the MercyCare clinic in Monticello, she thought right away to show it to him.

The neighbor knew Don had been suffering from prolonged leg pain, which is a primary symptom of PVD and PAD. Don's pain in his right leg was so bad, in fact, that he couldn't even walk more than half a block without stopping to rest.

PVD is a disease affecting veins and arteries outside the heart and brain, while PAD exclusively focuses on the arteries. When these vessels become constricted, blood flow to the body is reduced. In Don's case, the pain in his leg was so bad due to PAD that his mobility was severely hampered.

"I knew I wasn't getting circulation. My leg had sharp pains. It is hard to explain – but it was numb and felt like it wasn't even attached," says Don, struggling to accurately describe the pain. His wife, Florence, likens it to the pins-and-needles pains experienced when feeling returns to an arm or leg that has been "asleep."

Amanda Trevino, RN, conducted Don's screening, and says, "His right foot was cold to the

Donald Brink takes a walk with his wife, Florence. Previously Don's pain in his right leg was so bad, he couldn't walk more than half a block without stopping.



If you are over 50, or smoke, suffer from diabetes, high blood pressure or have leg pain when walking, you are at risk for Peripheral Vascular Disease (PVD).

PVD is the leading cause of disability among people older than 50 and in those with diabetes. Unfortunately, symptoms are often dismissed as a normal part of aging.

Due to the response from our first day of PVD screenings in your community, Mercy Medical Center is offering another day of FREE screenings:

MercyCare
310 1st
Thurs
8 a.m.

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MercyCare Tama
402 Siegel Street
Thursday, December 6, 2007 • 8:30 a.m. to 4:30 p.m.

Early detection is key to preventing complications from PVD like heart disease or stroke. Schedule your screening today.

MERCY
CEDAR RAPIDS

Call (319) 221-8567
Appointments are limited.
Schedule yours today!

touch and had no pulse. We immediately called Don's interventional cardiologist (A. Ersin Atay, MD) who referred us to a vascular surgeon (David Lawrence, MD) at Physicians' Clinic of Iowa in Cedar Rapids."

Don's medical history is checkered with a variety of health complications, including heart disease, emphysema, high blood pressure and high cholesterol. He's also had multiple vascular surgeries, including one on the leg that was causing him pain.

"Don had a vascular study in January 2007 which revealed a patent (clear) bypass," says Dr. Lawrence. "A Computed Tomography Angiography (CTA) scan in mid-October revealed this graft was no longer open."

Surgery was the answer, so in November 2007 at Mercy Medical Center, Dr. Lawrence performed leg bypass surgery to carry blood flow around the lesion in his blood vessel. Today, Don walks pain-free and no longer needs a cane.

Interventional Cardiologist Richard Kettelkamp, DO, often conducts PVD consultations. He says, "Vascular screening is a simple, painless test that can quickly assess a patient's risk for atherosclerosis. Patients with positive screenings should be aggressively treated with medicines and possibly with revascularization procedures based on the recommendation of their doctor. The screening test provided by Amanda Trevino and Mercy Medical Center is a good way for patients to take charge of their own health."

ATTEND A PVD SCREENING.

Attend a PVD screening or consult your health-care professional to determine your risk of PVD if you are older than age 50 or smoke, have high blood pressure, diabetes or suffer from leg

pain when walking. Screenings help you understand your risk, share prevention tips and outline treatment options. For more information on upcoming seminars, or to

find out if there is a PVD screening in your area, call (319) 221-8567 or visit our Web site at www.mercycare.org.



The American Heart Association and American Stroke Association recognize this hospital for achieving at least two years of 85% or higher adherence to all Get With The GuidelinesSM program quality indicators to improve quality of patient care and outcomes.