

Associates in Vascular Care  
Improving Circulation, Restoring Lives

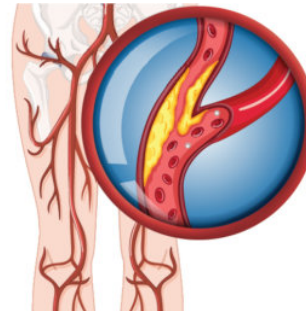
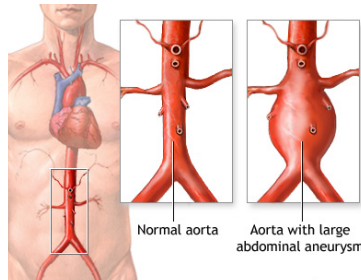
# Let's Talk Vascular Disease with Dr. Owano Pennycooke



Pop quiz! What causes heart disease? Ok! Most of you will get that question right because you are familiar with heart disease and with the consequences of blockages in the vessels that carry blood to and from the heart. But did you know that blockages caused by the build-up of plaque and cholesterol affect all the arteries in the body? Arteries throughout the body carry oxygen-rich blood away from the heart, so blockages can occur in all arteries with grave effects. I want to share with you three of the most recognized vascular diseases.

## Abdominal Aortic Aneurysm

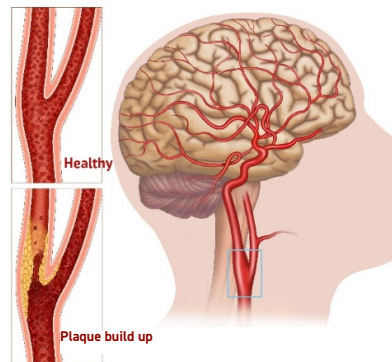
An abdominal aortic aneurysm is an enlargement of the aorta, the main blood vessel that delivers blood to the body, at the level of the abdomen. The pressure generated by each heartbeat pushes against the weakened aortic wall, causing the aneurysm to enlarge. Eventually, the aneurysm becomes so large, and its wall so weak, that rupture occurs, resulting in life threatening internal bleeding. Abdominal aortic aneurysms are most common in older men and smokers. An abdominal aortic aneurysm often grows slowly, without symptoms. As it grows, some people may notice a pulsating feeling near the navel. Pain in the back, belly, or side may be signs of impending rupture. Stopping smoking may slow their growth. Small ones may only need monitoring. Aneurysms that are too large or growing too quickly should be repaired with surgery. The only way to break this cycle is to find the abdominal aortic aneurysm before it ruptures. An abdominal ultrasound is the simplest and fastest way to diagnose an abdominal aortic aneurysm.



blockages of the arteries. Early on, PAD may only cause difficulty walking. Most patients experience cramping or tightening in the legs with walking, but in its most severe forms, it can cause painful foot ulcers, infections, and even gangrene, which could require amputation. People with PAD

are three times more likely to experience heart attacks or strokes than those without PAD.

## Carotid Artery Disease - Stroke



Strokes are the third leading cause of death in the United States according to the National Center for Health Statistics. Carotid artery disease is narrowing of the blood vessels in the neck that carry blood from the heart to the brain. The process is similar to the buildup

of plaque in arteries in the heart that causes heart attacks. When the buildup becomes very severe, it can cause a stroke. A stroke occurs when part of the brain is damaged by these vascular problems. This condition may be present for a long time before symptoms appear.

## Peripheral Arterial Disease

Peripheral arterial disease (PAD) is a circulatory condition in which narrowed blood vessels reduce blood flow to the legs. As these plaques worsen, they reduce essential blood flow to the limbs and can even cause complete

## When to see your Vascular Surgeon

If you are experiencing any of the above conditions, you can call **Associates in Vascular Care** to make an appointment to be evaluated by our team. We are happy to provide vascular screenings, in-office vascular testing and non-invasive interventions in our ambulatory vascular center. Please use the QR code to visit our website, meet our team, and learn more about **Associates in Vascular Care**.



*Don't forget! Walking everyday keeps a Vascular Surgeon away!*

ASSOCIATES IN VASCULAR CARE HAS TWO LOCATIONS: 1000 Route 35 South, Suite 301 in Middletown and 479 Route 520, Suite A103 in Marlboro.  
To learn more, call 732-784-6550 or visit [AssociatesInVascularCare.com](http://AssociatesInVascularCare.com).