Peripheral arterial disease (PAD) and venous disease (VD) continue to be under diagnosed in our community. Approximately 8 million people in the United States have PAD, including 12-20% of individuals older than age 60. General population awareness of PAD is estimated at 25%, based on prior studies. PAD itself has an associated increased morbidity and mortality secondary to early amputation and associated infections. Early recognition with screening is paramount in identifying patients for treatment. Initial attempts at revascularization of arterial disease can be performed via a less invasive percutaneous approach with balloons and stents to help decrease the number of amputations and improve ulcer healing prior to considering vascular bypass surgery.

The treatment of lower extremity edema, venous insufficiency, varicose veins, or venous ulcers with radiofrequency ablation can aid in venous ulcer healing and decrease patient leg discomfort, edema, and the size of varicose veins.

Please consider me when you are seeing patients with the warning signs of PAD/VD or ulcers. As you can see from the chart above, the most common cause of ulcers are venous followed by arterial. I am here to offer my service to you and assist in the care and management of these patients. I look forward to meeting you in the near future and working as a comprehensive team to address peripheral vascular disease.
Peripheral Arterial Disease (PAD)

Risk Factors for PAD
- Smoking
- High blood pressure
- Atherosclerosis
- Diabetes
- High cholesterol
- Older than age 60

Signs of PAD
- PAD is pain in the legs with exertion, which is relieved by resting.
- 40% of people will have no leg pain.
- Symptoms of pain, ache, or cramp with walking (claudication) can occur in the buttock, hip, thigh, or calf.

Venous insufficiency & Varicose Veins

Risk Factors for Venous Disease
- Age
- Family history of this condition
- Female gender
- History of deep vein thrombosis in the legs
- Obesity
- Pregnancy
- Sitting or standing for a long periods
- Tall stature

Symptoms of Venous Disease
- Dull aching, heaviness, or cramping in legs
- Itching and tingling
- Pain that gets worse when standing
- Pain that gets better when legs are raised
- Swelling of the legs
- Redness of the legs and ankles
- Skin color changes around the ankles
- Superficial Varicose veins
- Thickening and hardening of the skin on the legs and ankles (lipodermatosclerosis)
- Ulcers on the legs and ankles
- Wound that is slow to heal on the legs or ankles

Arterial vs Venous Ulcers

Arterial Ulcers
- Arterial ulcers involve the digits and all aspects of the foot depending on the artery that has reduced blood flow. Early recognition and percutaneous treatment of these ulcer can decrease the incidence of amputation and improve wound healing.

Venous Ulcer
- Venous ulcers involve the “gaiter region” or the medial malleolus caused by long standing venous reflux from the greater saphenous or perforator vein. Prompt treatment of these ulcers with radiofrequency ablation can promote improved wound healing.