



MICHIGAN HEART & VASCULAR INSTITUTE

# heart & vascular HEALTH

## A NEW TECHNOLOGY FOR PREVENTING stroke



By Michael Sarosi, M.D.  
*Interventional Radiologist,  
Michigan Heart & Vascular Institute*

A stroke occurs when a blood vessel (artery) that supplies blood to the brain bursts or is blocked by plaque. Within minutes, the nerve cells in that area of the brain are damaged, and they die within a few hours.

Each year more than 700,000 people suffer a stroke, and about 280,000 patients die from stroke-related complications. One in four strokes is caused by blockages of the carotid arteries in the neck due to plaque build up from atherosclerosis (hardening of the arteries).

SJMH offers carotid artery stenting, performed by skilled specialists.

Carotid artery stenting is the newest technology available in the treatment of atherosclerosis in the carotid arteries. The stent is a mesh-like scaffolding device that is inserted through the groin. The cells lining the blood vessel grow through and around the stent to help secure it. During the placement of the stent, a tiny umbrella-like filter device is used to keep clots or pieces of plaque from breaking off and going up to the brain, which might otherwise cause a stroke. Often patients only stay overnight in the hospital following the procedure.

Carotid artery stenting is a relatively new FDA-approved procedure,

though it has been performed at St. Joseph Mercy Hospital (SJMH) since 1997. Clinical studies have shown that stenting is safe and effective, and may, in fact, be better than surgery for patients who are at a high risk for complications from surgery. This procedure requires considerable training and skill. SJMH is fortunate that we offer this procedure and other options performed by highly skilled cardiovascular specialty physicians.

Other options for treating stroke include medications to prevent clots and carotid endarterectomy surgery to remove plaque.

### Stroke: Know the symptoms, act fast

The American Stroke Association urges people who think they may be having a stroke to call 911 right away. Symptoms include sudden:

- Numbness or weakness in the face or limbs, especially on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause.

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### Legs for Life steps up to prevent PAD

On Tuesday, Sept. 20, St. Joseph Mercy Health System and Michigan Heart & Vascular Institute will be participating in a national screening program to help identify the risks and educate the public about peripheral arterial disease (PAD).

Free screenings will be offered, which will include a four-point blood pressure check, arterial Doppler study, stroke risk assessment and a consultation with a vascular specialist. Screenings are by appointment only and fill quickly. Please register online at [www.mhvi.org](http://www.mhvi.org) or call 800-231-2211.

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SURGERY WITH LESS PAIN AND QUICKER RECOVERY

# REPAIRING abdominal aortic aneurysm

By Michael J. Heidenreich, M.D.  
*Vascular Surgeon,  
Michigan Heart & Vascular Institute*

For decades, repairing an abdominal aortic aneurysm (AAA) required an “open” surgery that took several weeks—even months—of recovery. Now, for many people with an AAA, there is a much-less-invasive surgery available to repair it that is less painful and has a much quicker recovery time.

An AAA is an enlargement of the main artery in the abdominal area. It

typically occurs in people older than 60 because of a gradual weakening of the blood vessel wall. Risk factors for developing an AAA include a history of smoking and a history of AAA in family members. An AAA occurs much more often in men than in women.

If untreated, an AAA can rupture, which is usually fatal. Larger aneurysms should be repaired to prevent this catastrophic event.

Traditional open surgical repair, used for more than 50 years, effectively prevents aneurysm rupture. It involves making a large abdominal incision and replacing the aneurysm with a prosthetic graft. Following open surgery, patients are typically

A stent graft is placed on the inside of the aneurysm through small incisions in the groin.

hospitalized for five to seven days, and may need several weeks or even months to recover fully.

Over the past 15 years, a less-invasive approach has been developed called endovascular aneurysm repair (EVAR). This procedure involves placing a stent graft on the inside of the aneurysm through small incisions in the groin using x-ray guidance. Patients are typically hospitalized for only one or two days after this procedure, have less pain due to the smaller incisions, and can usually return to full activity much sooner.

Several studies have shown that

EVAR is effective in preventing aneurysm rupture, but the long-term results of EVAR remain unproven. For this reason, traditional

open repair is still recommended in younger, healthier people with large aneurysms. Older patients with severe heart and lung disease are the ones most likely to benefit from the newer approach of endovascular repair.

**heart & vascular**  
HEALTH

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Information in HEART & VASCULAR HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care professional.

Models may be used in photos and illustrations.

We hope you have found this newsletter informative. If you don't want to receive this publication in the future, please call 734-712-3546.

Saint Joseph Mercy Health System's Michigan Heart & Vascular Institute has one of the largest and most comprehensive cardiovascular programs in the country. Visit our Web site at [www.mhvi.org](http://www.mhvi.org).

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A MEMBER OF TRINITY HEALTH

REMARKABLE MEDICINE.  
REMARKABLE CARE.

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## MHVI Physician Spotlight

### Michael J. Heidenreich, M.D.

Dr. Heidenreich is board-certified by the American Board of Surgery and has been with Michigan Heart & Vascular Institute since 2003. His specialty is vascular surgery.

Dr. Heidenreich obtained his medical degree at the University of Pittsburgh School of Medicine. He went on to receive his residency training at the University of North Carolina Hospitals and fellowship training at the University of Maryland School of Medicine. He holds a special clinical interest in open and endovascular approaches to lower extremity arterial occlusive disease and abdominal aortic aneurysms.

Call Dr. Heidenreich at Michigan Heart & Vascular Institute at **734-712-8150**.



Michael J. Heidenreich, M.D.

Visit our Web site at [www.mhvi.org](http://www.mhvi.org).



Pictured left to right are Kristi Lambright, coordinator, Cardiac & Vascular Rehab; Jennifer Lemrick and Anne Rosebrough, exercise physiologists.

# Walk ...your legs depend on it

**P**eripheral artery disease (PAD) is defined as a narrowing of the leg arteries due to the buildup of plaque. For a person with PAD, normal, everyday activities can become difficult and sometimes limiting because of muscle cramping or pain in the legs, also known as claudication.

St. Joseph Mercy Hospital now offers an exercise program to help patients get back to enjoying everyday activities with less pain and cramping.

Research has shown that regular walking and exercise are some of the most effective treatments for PAD. Recent studies have strongly indicated that participating in formal exercise programs gets the best

results. The Vascular Rehabilitation program offers patients medical supervision, social support, instructions on proper exercise techniques and risk factor modification. The goal of the program is to design an individualized exercise program based on the patient's initial level of ability.

The program is held on Tuesdays and Thursdays for a total of three months. Fee is \$60 per month. A physician referral is required. To learn more, call **734-712-3105**.

## Speaker's bureau talks available for your audience

Michigan Heart & Vascular Institute has health care professionals available to speak to your group on a variety of cardiovascular-related topics. Presentations can be personalized to meet the needs of your audience. These presentations are free of charge.

To learn more, please visit our Web site at [www.mhvi.org](http://www.mhvi.org) or call **734-712-3583**.

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# Calendar of UPCOMING EVENTS

**ALL CLASSES ARE FREE!**  
Call **734-712-3105** for  
more information.

**ANN ARBOR  
MICHIGAN HEART &  
VASCULAR INSTITUTE  
Auditorium  
Cardiovascular  
health classes**

Wednesdays from 8:45 to 9:30 a.m., 11:30 a.m. to 12:15 p.m., 2:15 to 3 p.m., or 5 p.m. to 5:45 p.m.  
Classes rotate on a regular basis.

**Topics offered:**

- Risk Factors
- Stress
- Dietary I—Supermarket Tour
- Dietary II—Dining Out
- Dietary III—Reading Food Labels
- Psychosocial (for heart patients and their families).

Please visit our Web site at [www.mhvi.org](http://www.mhvi.org) or call **734-712-3105** for a calendar and class descriptions.

## FREE BLOOD PRESSURE CHECKS

Free blood pressure screenings are available on the first Tuesday of each month from 1 to 2 p.m. at the Michigan Heart & Vascular Institute, Suite 101, Ann Arbor

## AMERICAN HEART WALK

Sept. 24 at 9 a.m. at Washtenaw Community College  
Call **734-712-3583** for more information.





## HEALTHY. recipe

### Italian pasta

#### Ingredients

- 6 cups water
- 2 cups bow-tie or medium-shell pasta
- ½ teaspoon bottled minced garlic
- 1 teaspoon olive oil
- 1 teaspoon balsamic vinegar
- 2 cups torn fresh spinach
- 1 cup torn radicchio
- ¼ cup shredded or grated Parmesan cheese

#### Instructions

1. In a large saucepan, bring water to a boil over high heat.
2. Add pasta.
3. Reduce heat and boil gently, uncovered, about 8 minutes.
4. Drain.
5. In a small skillet, cook garlic in oil over medium heat until tender (1 minute). Stir in vinegar.
6. Place spinach and radicchio in a large bowl. Add hot pasta. Pour hot garlic mixture over pasta and spinach, tossing to mix well.
7. Sprinkle with Parmesan cheese. Makes five 1-cup servings.

#### Nutrition facts (per serving)

Calories 306	Calories from fat 62
Percent Daily Value*	
Total fat 3g	5%
Cholesterol 4mg	1%
Sodium 114mg	5%
Carbohydrate 42g	14%
Protein 10g	
Percent of calories from fat 11	

\*Percent Daily Values are based on a 2,000-calorie diet. Recipe from the American Heart Association Quick & Easy Cookbook (Random House, 1995). Reprinted with permission.

## LIFE AFTER AMPUTATION

# peer support

By Marie Neaton, A.P.R.N., B.C.  
*Michigan Heart & Vascular Institute*

Each year more than 100,000 Americans will undergo an amputation due to complications from diabetes, infection or trauma.

Losing a limb creates physical, emotional and social changes in your life. It can be a very scary time. You may feel anger, depression or anxiety about how to return to work or how to take care of yourself or your family. Adjusting to limb loss is challenging.

Support from other people who have had amputations can help you in this adjustment. Peer support provides hope and role models for successful adjustment to limb loss, as well as practical knowledge about daily living. If you or your loved one are facing an amputation or have had an amputation, there are resources to assist you in your adjustment.

The St. Joseph Mercy Hospital

Amputee Support Group offers peer support, education and information for people who have experienced amputations, as well as for their families and friends. The Amputee Support Group meets twice per year for six-week sessions in the spring and fall. The support group has also prepared a videotape that focuses on how to adjust to your amputation.

In addition, there are trained amputee peer-volunteers who will meet with people who have experienced or are going to experience an amputation. They are happy to see you before or after your surgery to share their experience living with an amputation, and to answer any questions you or your family may have. Visits or phone calls can also be arranged.

For information about the Amputee Support Group, or the video, or to arrange for a peer-visitor, contact Marie Neaton at **734-712-8435** or Lisbeth Warner at **734-712-3516**.