



MAINE HEART
SURGICAL
ASSOCIATES

VASCULAR &
VEIN CENTER

MHSA PULSE

EXPERT ADVICE ON HEALTH AND WELL-BEING

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DIABETES DASH
FOR KIDS - A SUCCESS!

DID YOU KNOW
OUR PRACTICE OF
VEIN EXPERTS OFFERS
EVALUATION AND
TREATMENT OF:

- Peripheral arterial diseases (PAD)
- Carotid disease
- Aneurysms of the chest, abdomen and pelvis
- Thoracic outlet syndrome
- Venous disorders including minimally invasive, office based management of varicose veins

WELCOME! DR. NASIR KHAN

Maine Heart Surgical Associates Vascular & Vein Center is pleased to introduce Dr. M. Usman Nasir Khan, the newest addition to our vascular team. He brings his specialist training and enthusiasm to our practice and is looking forward to providing quality care to patients with arterial and venous diseases.

Dr. Nasir Khan has just completed his Fellowship in Vascular and Endovascular Surgery at the State University of New York at Buffalo. Dr. Nasir Khan received his Bachelor of Medicine and Surgery at Allama Iqbal Medical College, Lahore, Pakistan. His postgraduate training included a Postdoctoral Fellowship at the Mount Sinai Medical Center in New York, General surgery residency and Surgical Critical Care Fellowship at the University of Connecticut.

He is board certified in General Surgery and is board eligible in both Vascular Surgery and Surgical Critical Care. He has held academic appointments as Clinical Instructor for the Department of Surgery at SUNY, Buffalo, NY.

His clinical interests include: carotid artery stenting & open carotid surgery; mesenteric & renal angioplasty and/or bypass surgery; limb salvage surgery (open bypass and/or angioplasty and



stenting); thoracic & abdominal aortic stent grafts for aneurysms and dissections; varicose veins: endoluminal vein ablation: and endovascular treatment of iliofemoral deep vein thrombosis.

Usman and his wife Saba had their first child, daughter Mysha, earlier this year. In his spare time he enjoys mountain biking, swimming, hiking, and cooking.

He is a member of the Maine Medical Center and Mercy Hospital staff and is now available for patient consults. We are delighted to have Usman on board working as part of our team of vascular surgeons helping us to deliver a complete range of outstanding vascular services to the local community. Please join us in welcoming Dr. Nasir Khan.

“WE ARE THE VEIN EXPERTS.”

ANNOUNCEMENTS

FREE VARICOSE VEIN SCREENING!



Our next complimentary
vein screening is

**January 14th
from 5pm - 8pm.**

If you have questions about
treatment options for
uncomfortable veins,

**CALL KATIE AT
(207) 774-5479
ext 104**

to reserve a spot and meet
with our doctors risk free.

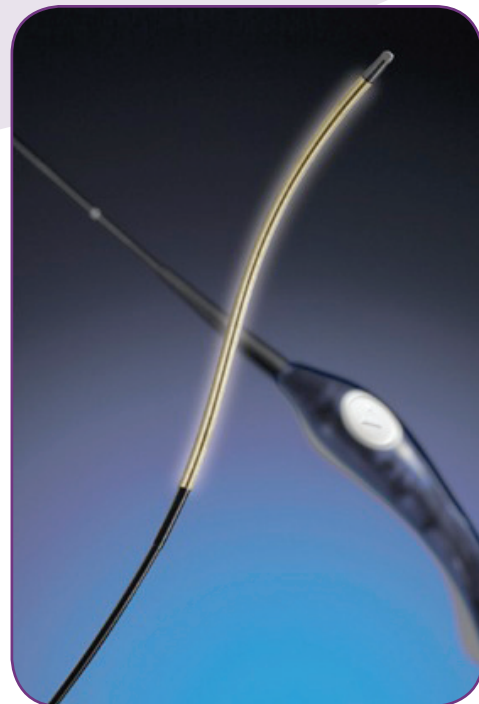
**SPACE IS LIMITED
SO CALL SOON!**

TRADITIONAL SURGERY VS. THE VNUS CLOSURE PROCEDURE: WHAT'S THE DIFFERENCE?

In normal veins, valves in the vein keep blood moving forward toward the heart. With varicose veins, the valves do not function properly, allowing blood to remain in the vein. Pooling of blood in a vein causes it to enlarge.

This process usually occurs in the veins of the legs, although it may occur elsewhere. Varicose veins are common, affecting mostly women. Standing for a long time and having increased pressure in the abdomen may make you more likely to develop varicose veins, or may make the condition worse. Traditionally, vein stripping was the most popular and effective treatment for varicose veins. Vein stripping is the surgical removal of a diseased saphenous vein. Vein stripping involves making incisions on the groin and lower leg, tying off the saphenous vein and then literally pulling it out through the incisions. It is usually performed in an operating room under general anesthesia, and the postoperative pain, swelling and bruising can last for weeks.

We're so glad to be able to offer an alternative to vein stripping for our patients. The VNUS Closure procedure is the first minimally invasive surgical treatment for venous reflux disease, which causes varicose veins. The Closure procedure uses radiofrequency energy to occlude, or close, the saphenous vein. A catheter is used to deliver heat to



the vein wall. As the energy is delivered and the catheter is withdrawn, the vein wall is heated causing the collagen in the wall to shrink and the vein to close. Once the diseased vein is closed, blood is re-routed to other healthy veins. These treatments are usually very successful. They reduce pain, and they also are a good way to improve the appearance of the leg. Many of these treatments cause very little scarring, bruising, or swelling. Usually patients can start their normal activities within a day after many of these treatments.

If you or someone you know has questions about varicose veins or treatment options, please call out office at 207-774-5479.

CASE STUDY: JUDY'S STORY

Judy is a quality review consultant for Aetna. She came to our office complaining of leg aching. She had been feeling pain in her legs for many years.

Since varicose veins tend to get worse overtime, Judy met with Dr. Desmond Donegan. Dr. Donegan used an ultrasound to see the blood flow in Judy's veins and recommended the VNUS Closure procedure to ease her discomfort.

Judy made an appointment for the VNUS Closure procedure a

few weeks later. The VNUS Closure procedure uses intense heat to treat the vein and make the vein disappear overtime. "(The procedure) was efficient and painless", Judy recalled. "I consider this group of physicians the best around! Everyone there was professional and I was very pleased with the procedure, Dr. Donegan was wonderful."

The procedure was very successful. Judy's legs were wrapped with compression bandages for 2 days following

her treatment. She was back to work and her regular activities the next week with reduced pain and an improved appearance.



Before

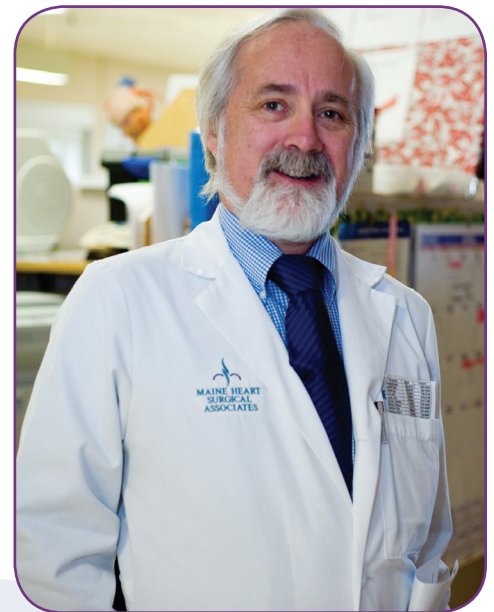
After

MEET THE STAFF: DR. DESMOND DONEGAN

Dr. Donegan graduated from the Galway Medical School at the National University of Ireland. Prior to his residencies at Creighton University Affiliated Hospitals in Omaha, Nebraska, and Strong Memorial and Rochester General Hospitals in Rochester, New York, Dr. Donegan conducted cardiovascular research at Duke University and had a clinical clerkship in general surgery at the Mayo Clinic, Rochester, Minnesota. Board-certified in thoracic surgery, he is an

attending surgeon at Maine Medical Center and Mercy Hospital, a consulting staff member at Central Maine Medical Center, Maine General Medical Center, and St. Mary's regional Medical Center, and a clinical assistant professor at the University of Vermont of Medicine's Department of Surgery.

Dr. Donegan resides in Cape Elizabeth with his wife and four children.



FAQ

Who is at risk for varicose veins?

Answer: 20% of all adults suffer from varicose veins, including half of us over 50, and women are more at risk than men. Genetics are a risk factor for varicose veins, as are obesity and pregnancy, and people whose jobs require extended standing are particularly vulnerable.

THANK YOU ALL! PARTICIPANTS, VOLUNTEERS, RAFFLE DONORS AND CORPORATE SPONSORS!

All of your contributions made the morning a great success, we raised 15K for the JDF! Thanks for coming in the rain, cheering on friends and showing great sportsmanship. We hope to see you all again next year!



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