

## **Dr. Refai is proud to announce that he has completed the first case in Alabama using the First FDA approved Drug Coated Balloon for Peripheral Artery Disease at Russell Medical Center**

Russell Medical Center is now offering a new treatment for peripheral arterial disease (PAD), a disease in which plaque builds up in the arteries that carry blood to the head, organs and limbs, creating blockages. This treatment — the LUTONIX® 035 Drug Coated Balloon PTA Catheter (DCB) — is the first and only treatment of its kind approved by the U.S.

Food and Drug Administration (FDA).

Millions of Americans suffer from PAD in the Femoropopliteal artery and Russell Medical Center and Lake Martin Vascular Clinic treats approximately 400 of these patients each year. If untreated, PAD can lead to critical limb ischemia (CLI), a severe blockage in the arteries of the legs or feet, and eventually, even amputation.<sup>2</sup> Recent data shows the majority of all leg and foot amputations in the U.S. are due to vascular disease, including PAD.<sup>3</sup> To learn more about the symptoms of PAD, please visit Love Your Limbs or contact the office of Dr. Basel Refai at 256-212-9300.

Successful treatment of PAD requires improved blood flow (patency) for longer periods of time. Developed by C.R. Bard, the LUTONIX® 035 DCB uniquely combines an angioplasty balloon coated with a low dose of Paclitaxel to improve blood flow in blocked vessels above the knee.

Currently, minimally-invasive procedures such as angioplasty balloons, stents, atherectomy, medications and vascular bypass surgery are some of the accepted ways to treat PAD, but these options may be limited depending on the type of arterial blockage. The LUTONIX® 035 DCB is a safe and effective addition to the treatment algorithm for PAD in the femoropopliteal artery.

Dr. Basel Refai and Russell Medical Center is committed to bringing forward innovative new treatments such as LUTONIX® 035 DCB to assist in helping patients manage PAD. If you or someone you know have symptoms of PAD, Dr. Refai should be seen without delay. Below, please find six tips from Love Your Limbs to help reduce the risk of PAD:

- **Stop smoking.**
- **Take good care of your diabetes.**
- **Take care of your high blood pressure.**
- **Take care of high cholesterol.**
- **Age and ethnicity matters.**
- **Know your own history.**

To learn more about PAD, visit [www.loveyourlimbs.com](http://www.loveyourlimbs.com).

1. New York Times. Peripheral Artery Disease In-Depth Report. <http://www.nytimes.com/health/guides/disease/arteriosclerosis-of-the-extremities/print.html>. 2013. Accessed August 27, 2014.
2. Love Your Limbs. What is PAD? <http://loveyourlimbs.com/pad-cli/>. 2013. Accessed August 28, 2014.
3. National Limb Loss Information Center. Amputation Statistics by Cause: Limb Loss in the United States. [http://www.amputee-coalition.org/fact\\_sheets/limbloss\\_us.html](http://www.amputee-coalition.org/fact_sheets/limbloss_us.html). 2008. Accessed August 27, 2014.

