Vascular Surgery: Saving life and limb
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Examples of these procedures include non-invasive angiography for patients with PAD, in which surgeons thread small catheters through the arteries and balloon the vessels to clear blockages. The standard operation for cancer artery disease is endarterectomy; however, the condition now can be effectively and safely treated in a minimally invasive fashion with carotid artery stenting, a technique that involves angioplasty and stenting through the arteries and balloon the vessels non-invasively for patients with severe problems. The majority of the patients I see may not even need it. We make sure that everything is accurately diagnosed and treated.

During the procedure, surgeons place a small filter in the carotid artery to prevent strokes. Afterward, the patients can return to work the next day and participate in active sports after only 72 hours. Most insurance plans cover these procedures if your doctor deems them to be medically necessary.

Experts at the Vein Center perform deep vein stentimodulation and venous stent placement. In addition, patients may be eligible for EVLT with a vein ablation procedure.

Varicose Veins Not Just a Cosmetic Concern

While arterial disease can be dangerous, venous insufficiency is a condition that occurs when veins are weak or damaged, causing blood to pool in the legs. This often results in varicose veins—swollen, twisted veins that you can see just under the surface of the skin.

Misunderstood by many to be merely a cosmetic problem, varicose veins are more troublesome. Many cause great discomfort such as swelling, itching, heaviness, fatigue and throbbing in the legs especially for professionals who spend a lot of time on their feet, like nurses, police officers, teachers, mail carriers and retail salespeople. If venous insufficiency becomes severe, it can lead to infections, skin ulcers or blood clots (which can become life-threatening if the clots move from the leg veins to the lungs). People should seek medical attention.

Jennifer Heller, M.D., Director of the Vein Center

Varicose Vein Screening

For patients with varicose veins who are considering treatment or surgery
May 27 4 to 8 p.m. Cardiology Clinic
To register, call 410-550-VEIN

For more information or to schedule an appointment, call 410-550-4335 for Vascular Surgery or 410-550-VEIN for the Vein Center.

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Bri- an was a smart, "normal" kid. He played sports, had an active social life and did well in school. At 20, when he experienced his first psychotic episode, it came as a surprise to his family and friends.

Originally diagnosed with bipolar disorder, Brian displayed manic behavior where he would write constantly (usually page after page of nonsense), stand in front of his bedroom mirror holding conversations with himself and often voices and heard hallucinations. Eventually, he was hospitalized for the illness and later referred to the Early Psychosis Intervention Clinic (EPIC), where he was evaluated and diagnosed with schizoaffective disorder (see sidebar).

Brian’s story is more common than most people think. Individuals may experience their first psychotic episodes between the ages of 16 and 24. Currently, there aren’t many psychiatric programs that specialize in the treatment of this age group. EPIC is unique, because it focuses on the treatment of young adults and adolescents. It also brings together the services of Johns Hopkins Bayview’s adult psychiatry services and transitional youth psychiatric program.

A patient is usually referred to EPIC by a hospital or primary care doctor. Once in the clinic, the patient undergoes a complete medical and psychiatric evaluation so that a diagnosis and treatment plan can be made.

“We want to provide treatment as soon as possible,” says Krista Baker, LPC, senior mental health therapist. “Early treatment can reduce or stabilize psychiatric symptoms, and lower the number of hospitalizations. In addition to medication management and psychiatric rehabilitation programs, patients attend regular therapy sessions and family support groups. EPIC provides second opinion consultations for patients who have been diagnosed with a psychotic disorder, but want more information about their diagnosis and treatment plan can be made.

For more information or to schedule an appointment with the EPIC staff, call 410-550-0104.

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