

Understanding Peripheral Arterial Disease (PAD) with Dr. Sameer Ahmed at Insight Hospital

Peripheral Arterial Disease (PAD) is a common yet often underdiagnosed vascular condition that affects millions worldwide. Insight Hospital's interventional radiology department, led by the esteemed Dr. Sameer Ahmed, is dedicated to the early detection, diagnosis, and treatment of PAD, ensuring patients receive the best possible care and outcomes.

What is Peripheral Arterial Disease (PAD)?

PAD occurs when arteries in the legs become narrowed or blocked by plaque build-up, reducing blood flow to the limbs. This condition can lead to muscle pain during walking, known as claudication, and if left untreated, can progress to more severe complications, including leg ulcers, infections, and even the risk of amputation.

Symptoms of PAD

- Painful cramping in the hip, thigh, or calf muscles after activity, such as walking or climbing stairs
- Leg numbness or weakness
- Coldness in the lower leg or foot
- Sores on the toes, feet, or legs that won't heal
- Change in the color of the legs
- Hair loss or slower hair growth on the feet and legs

Diagnosing PAD at Insight Hospital

Dr. Sameer Ahmed and his team use a combination of clinical evaluation and advanced diagnostic techniques to accurately diagnose PAD. Tests may include:

- Ankle-Brachial Index (ABI): A simple test comparing the blood pressure in the ankle to the blood pressure in the arm to indicate reduced blood flow.
- Ultrasound: Non-invasive imaging to visualize blood flow and identify blockages in the arteries.

- Angiography: Using contrast material to view blood flow in the arteries and pinpoint specific areas of obstruction.

Treatment Options for PAD

Treatment for PAD aims to manage symptoms and stop the progression of the disease. At Insight Hospital, Dr. Ahmed offers personalized treatment plans that may include:

- Lifestyle changes, such as quitting smoking and exercising regularly
- Medications to improve blood flow and reduce symptoms
- Minimally invasive procedures, like angioplasty or stent placement, to open narrowed arteries
- Surgical options for severe cases, such as bypass surgery

Why Choose Dr. Sameer Ahmed for PAD Care?

Dr. Sameer Ahmed is a distinguished interventional radiologist with a passion for vascular health. His expertise in diagnosing and treating PAD, combined with the use of cutting-edge technology, ensures that patients at Insight Hospital receive the highest standard of care. Dr. Ahmed's patient-centered approach emphasizes education, personalized treatment plans, and ongoing support to manage PAD effectively.

Conclusion

At Insight Hospital, we understand the challenges of living with Peripheral Arterial Disease and are committed to providing comprehensive care. Under Dr. Sameer Ahmed's expert guidance, patients can expect a thorough evaluation, advanced treatment options, and a supportive team dedicated to improving their vascular health and quality of life.

If you or a loved one are experiencing symptoms of PAD or have risk factors for vascular disease, contact Insight Hospital to schedule an appointment with Dr. Sameer Ahmed. Together, we can take the first steps toward managing PAD and leading a healthier, more active life.