

## Heart Health 2018

# HEART HEALTH

### Heart Health News

#### September Is Vascular Disease Awareness Month

In order to celebrate Vascular Disease Awareness Month, Heart Health has developed a special edition focused solely on vascular health. Are you curious about what a vascular surgeon does? Not sure what vascular disease looks like? Interested in different treatments for your vascular illness? Read on to learn the answers to these questions and more!

#### What Is a Vascular Surgeon?

A vascular surgeon specializes in arterial and venous conditions and can be a valued member of your care team. Trained extensively in vascular surgery, vascular surgeons can treat a wide range of conditions that affect the blood vessels in every part of your body except your heart and brain. Read on to learn more about what types of conditions vascular surgeons treat and how you can schedule an appointment with one today.

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#### What Is Vascular Disease?

Vascular disease is a group of conditions that affect the health of your arteries and veins. These conditions can lead to serious problems like aortic aneurysms, lower extremity arterial disease, and stroke. There are many different types of vascular disease, each with varying symptoms, risk factors, and treatment plans. Learn more about vascular disease and how to prevent it.

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#### Save the Date — 2018 American Heart Association Pittsburgh Heart Walk

Join the American Heart Association on October 20, 2018 for their annual Heart Walk. Registration begins at 8 a.m., with the one and three-mile walks beginning at 10 a.m. We hope to see you at Gold Lot #4 on the North Shore as we join the fight against heart disease and stroke!

[Register ▶](#)

#### Peripheral Artery Disease Treatment: What's Right for Me?



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Peripheral artery disease (PAD) is a vascular disease caused by a gradual build-up of plaque within the leg arteries. It can cause many different disabling symptoms, including leg cramping, nerve damage, and skin breakdown. PAD can affect your quality of life and make simple everyday tasks, like climbing stairs, nearly impossible. Luckily, there are different treatment methods for PAD. Read on to learn the symptoms of PAD and the different treatment options available.

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#### Endovascular Surgery for Aneurysm Repair

Endovascular surgery is a less invasive option than open surgery and is the treatment choice of many vascular surgeons. Learn more about the many benefits of endovascular surgery, as well as the instances in which it would be used.



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#### Nutcracker Syndrome: Symptoms, Risk Factors, and Treatments



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Nutcracker syndrome is a rare vascular disorder in which your left renal vein is compressed by two nearby arteries in your abdomen. While it can cause pain and other symptoms, nutcracker syndrome is difficult to diagnose. Read more on nutcracker syndrome and how it can be diagnosed and treated.

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#### Heart and Vascular Notes

- [Condition Spotlight: Abdominal Aortic Aneurysm](#)
- [Video Spotlight: Supervised Exercise Therapy](#)
- [Patient Story: Abby DiBenedetto](#)

#### UPMC HEALTH BEAT Trending Topics



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