

# Targeted, Precise, Effective

The interventional radiologists of Radiology Partners Houston offer powerful, minimally invasive treatments—and hope for patients.

## Peripheral Artery Disease

For years, Mark (not his real name) had been looking for answers. Peripheral artery disease (PAD)—a circulatory condition in which narrowed arteries reduce blood flow to the limbs—was slowly causing him to cut back on all the things he loved: golf, tennis, and running after his grandkids. On the advice of his doctor, he'd stopped smoking and had tried numerous medications. Now there were two options left: bypass surgery or simply accepting a more sedentary life as his new normal.

Then, a friend told Mark about the interventional radiologists of Radiology Partners Houston—with clinics at both Memorial Hermann Memorial City Hospital and Memorial Hermann Sugar Land Hospital. He met with interventional radiologist Dean Chauvin, MD, and learned that there was, indeed, a better, less-invasive option for a return to a full, active life.

"More than 8 million Americans have peripheral artery disease," says Dr. Chauvin, "but it's amazing how few patients are made aware of what interventional radiology can do for them. We offer a safe, effective, outpatient treatment for PAD with quick recovery time. Every day, we bring hope to people who have basically given up."

The five IR physicians of Radiology Partners Houston are board-certified, fellowship-trained specialists with unparalleled clinical experience.

## A New Approach to Prostate Problems

Mehrzad Zarghouni, MD, is a leading expert in using prostate artery embolization to treat benign prostatic hyperplasia (BPH)—a common medical condition that affects about half of men over age 60.

"When the prostate gland becomes enlarged, patients may experience increased urinary frequency or other problems with urination," explains Dr. Zarghouni. "Interventional radiology offers patients an incredibly effective treatment for BPH. Via a small incision in the groin, we deliver small particles to the prostate artery that soften and shrink the prostate gland, alleviating symptoms."

## Uterine Fibroid Embolization

Women suffering from painful uterine fibroids can also find hope and healing through interventional radiology treatment. Uterine



## What is Interventional Radiology, Anyway?

Previously known as simply a subspecialty of radiology, interventional radiology is now recognized as a primary medical specialty. Interventional radiologists use imaging techniques such as ultrasound, X-ray, CAT scans, and MRI scans to see inside the body and treat complex conditions in real time—with exceptional accuracy. With its use of tiny incisions, instruments, and catheters, this state-of-the-art approach reduces pain, physical trauma, and infection rates. Recovery time is greatly reduced.

fibroid embolization (UFE) uses a form of real-time X-ray called fluoroscopy to guide the delivery of embolic agents to the uterus and fibroids. These agents block the arteries that provide blood to the fibroids and cause them to shrink. Studies have shown that nearly 90 percent of women who undergo UFE experience significant or complete resolution of their symptoms, which may include heavy menstrual bleeding, pain, and pressure on the bowel or bladder.

"UFE is one of the most gratifying procedures we offer," notes Dr. Jaideep Barge, "due to its minimally invasive nature, quick recovery time, and its ability to provide an improved quality of life for women suffering from fibroid disease."

Meanwhile, the knowledge base of what can be done with interventional radiology continues to grow.

"Most of the conditions we treat used to require larger surgeries," explains Dr. Chauvin. "It is so gratifying to be able to offer leading-edge, minimally invasive procedures to our Houston-area patients—and to help them feel better so quickly."