



North Coast Vascular

"Keep It Circulating" – November 2017

North Coast Vascular would like to wish you all a very Merry Christmas and a New Year filled with many wonderful blessings



Another year is rapidly coming to a close.

North Coast Vascular has had another busy year. One of our many highlights was the chance to conduct an education evening for GP's and practice nurses. This education evening was held in Ballina and had an excellent turnout with positive feedback from all who attended. In 2018 we will be hosting an education evening in the Maclean/Yamba area, so keep an eye out for the details and the date early next year.

I recently had the opportunity to attend the ANZSVS Conference in Perth and the opportunity to see and discuss the latest advances in Vascular/Endovascular surgery. I was also fortunate enough to have recently been invited to visit the Endologix Research and Development facility in Los Angeles. Endologix are a manufacturer of endovascular surgical devices that I have been using lately with fantastic results for our patients. This was an extremely worthwhile educational trip to review and give feedback on the advances and the devices that Endologix are making.

In January 2018 I will start operating at John Flynn Hospital. I will continue to consult at Tweed Banora Medical Centre. Our private patients now have the option to choose John Flynn Hospital or St Vincent's Private Hospital (Lismore) for their vascular procedures. Please feel to contact my rooms on 1300 278 379 or 02 6621 2200 for appointments.

Our rooms will be closed from Friday, 22nd December 2017 to Monday, 8th January 2018. If you need urgent assistance over this period, please feel free to contact me on 0427 212 202 or contact Lismore Base Hospital.

Once again, we wish you all a very safe and Happy Christmas and best wishes for the New Year. We thank you for your support and look forward to working with you and our patients in 2018.

Best wishes
Deepak Williams



What's New at NCV ...

Dr Deepak Williams will commence Operating at **John Flynn Hospital** in January 2018.

Change of Location for **NCV Ballina Clinic**
We are now at 93 Tamar Street Ballina (in the North Coast Radiology rooms). Our patients will now be able to be seen and have their ultrasound scans under ONE roof

Dr Williams is a registered Doctor with all Private Health Funds

NCV provides **FREE Education** in our rooms to GPs and Practice Nurses (CPD are awarded)

North Coast Vascular Clinic Locations

Ballina - 93 Tamar St

Lismore – SVPH Medical Suites

Maclean – 1 Wharf St

Tweed Heads – Tweed Banora Medical Centre (112 Minjungbal Drive)

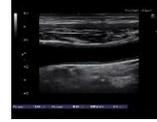
North Coast Vascular



Vascular Ultrasound

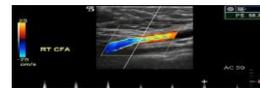
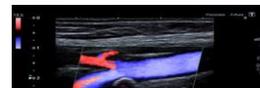
by Jodie Dwyer Ultrasound Team Modality Leader
North Coast Radiology

B-Mode (Brightness Mode) Ultrasound creates 2D images, each interface represented by pixels ranging from black to greys to white. The more a surface reflects the sound wave back, the brighter it is displayed in the image. Where there has been no reflection (i.e. through fluid) the area is displayed as black. B-Mode in vascular ultrasound can demonstrate thrombosis, occlusion, the size and/or tortuosity of vessels and their location.



Duplex Ultrasound is the combination of B-Mode plus Doppler. Doppler ultrasound uses the Doppler Effect to evaluate the vascular system. The Doppler Effect is the apparent change of frequency between two objects, when at least one of the objects is moving. Doppler Ultrasound can indicate the direction of blood flowing to assess the competency of valves and it can also be used to determine the velocity of blood flow to identify stenosis. Doppler Ultrasound can be Continuous Wave or Pulsed Wave. Diagnostic Imaging uses Pulsed Wave and there are 3 types of Pulse Wave Doppler.

1. Power Doppler – sensitive, but non directional. It shows blood flow, but doesn't give any information in regards to the direction it is flowing or the velocity.
2. Colour Doppler – shows the direction that the blood is flowing relative to the transducer. It can also show where the peak velocity is, but not what this velocity is. Used to identify where to place the Spectral Analysis sample box.
3. Spectral Analysis – allows the velocity of the moving blood to be calculated, and the direction the blood is flowing. It shows the blood moving through the cardiac cycle and the turbulence of the blood flow.



Duplex Ultrasound is a very useful non-invasive vascular assessment providing the referring clinician information about the anatomy of the vascular system and any disease processes present. The limitation of vascular ultrasound is that it is operator dependent and requires an experienced sonographer to perform an accurate and complete investigation. North Coast Radiology has several advanced vascular sonographers to ensure you are confident in acquiring the correct diagnosis to facilitate best patient care.



You say the pains in my left leg are caused by old age. But Dr, my right left is just as old and it doesn't hurt at all!!!!

A LEG UP ON PAIN

by Christine Kemp (RN)
Practice Nurse

Endovascular / Surgical intervention alleviates pain and complications of peripheral arterial disease (PAD).

Common Scenario...It starts as pain and cramping in the calves when walking. "The pain got so bad that I couldn't even walk around the supermarket". If left untreated pain increases in severity and patients can develop non healing ulcers.

It is important to consider the risk factors for PAD: smoking diabetes, hypertension, high cholesterol, obesity.

For PAD one of the important treatments is lifestyle modification: Quit smoking and start a walking program.

Referral to a Vascular specialist to review the patients symptoms and design a treatment program including ultrasound scan, angiogram, angioplasty using drug –eluting balloons and stents or bypass surgery. The type of intervention is dependent on the degree and location of a blockage. Early referral will ensure the best outcomes for patients and a return to their best possible normal lifestyle.

Vascular Tips



Tips for Healthy Veins



- GET REGULAR EXERCISE
- WEAR GRADUATED COMPRESSION STOCKINGS
- MONITOR HORMONE INTAKE
- AVOID LONG PERIODS OF SITTING/STANDING
- ELEVATE YOUR FEET
- MAINTAIN IDEAL BODY WEIGHT
- EAT HIGH FIBRE/LOW SALT DIET

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