

## New technology can reduce heart disease and stroke risk in peripheral artery disease patients

Peripheral Artery Disease (PAD) affects more than eight million Americans. Nayab Zafar, M.D., a cardiovascular interventionist with Cardiovascular Consultants of Nevada in Las Vegas, is a leader in PAD diagnosis and treatment. He recently introduced new, cutting-edge technology to Southern Nevada.



Dr. Zafar notes early diagnosis is critical to reduce the greater risk for heart attack and stroke in patients with PAD. He was the first in Las Vegas to introduce new technology for peripheral arthroectomy using a diamond-coated crown that spins and sands plaque in clogged arteries into small particles that float away in the blood stream.

Dr. Zafar explains that his first patient to receive this treatment was a perfect candidate. "He is doing well and is 100 percent better."

Heart disease and stroke risk are four to five times higher in people with PAD because hardened leg arteries are a sign that they are likely to have hardened arteries to the heart and brain. PAD can also lead to amputation which is something that Dr. Zafar says can be avoided by early diagnosis.

Peripheral artery disease occurs when the arteries in the legs become narrowed with fatty deposits or plaque. The plaque buildup causes the arteries to harden, which is called atherosclerosis. While PAD most often occurs in the arteries in the legs, it can affect other arteries in the arms, brain and stomach.

He explains "Of the 150,000 amputations performed in the nation each year only four percent receive an angiogram, which can show us if the patient is a candidate for an arthroectomy."

A peripheral arthroectomy is an outpatient procedure that spares patients the trauma of major surgery. The new technology used by Dr. Zafar is the Diamondback 360®, a device manufactured by Cardiovascular Systems Inc. The firm's board of directors includes Geoffrey O. Hartzler, M.D., a pioneer in interventional cardiology, whose research has been published in *Circulation*, a journal of the American Heart Association.

Dr. Zafar realized early in his medical education that he wanted to be an interventionist in cardiovascular disease, coronary artery disease and PAD.

"You can't isolate one from the other," he notes.

Dr. Zafar received his medical degree from Allama Iqbal Medical College in Lahore, Pakistan. He completed his Internal Medicine residency training at the University of Connecticut in Farmington and his cardiology fellowship at the University of Missouri. He completed his interventional cardiology fellowship at the University of California San Diego and worked as an attending cardiologist at UCSD while completing an additional year of peripheral vascular interventional fellowship.

He has presented at the American Heart Association's Scientific Sessions, something he feels is extremely important. "The American Heart Association is recognized throughout the world for cardiovascular disease

education," says Dr. Zafar.

His practice, Cardiovascular Consultants of Nevada, supports the association in Nevada as a sponsor of both the Las Vegas Go Red For Women Luncheon and the Las Vegas Heart Ball.

[Learn more about PAD.](#)

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