

Treating Peripheral Artery Disease:

Angioplasty and Stenting

Expert Care by Dr Akhil Monga – Advanced, Minimally
Invasive Vascular Solutions

What is Peripheral Artery Disease (PAD)?

Peripheral Artery Disease (PAD) is a circulatory condition where narrowed arteries reduce blood flow to the limbs, especially the legs. This can lead to pain, cramping, and limited mobility, impacting quality of life and increasing the risk of serious health complications.

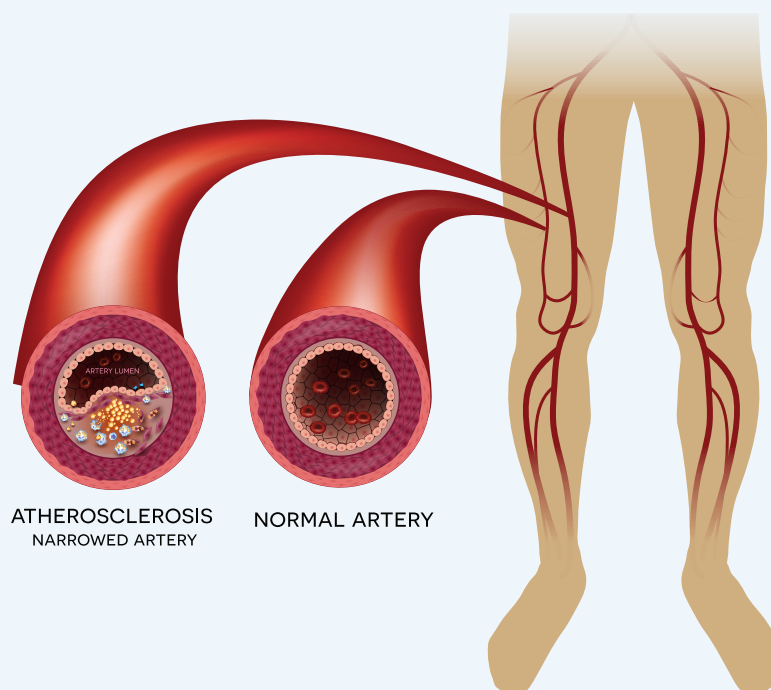
Symptoms and Risk Factors

✓ Symptoms:

Leg pain or cramping, particularly during walking; slow-healing sores on toes or feet; weak pulse in legs; skin discolouration.

✓ Risk Factors:

Age, smoking, diabetes, high blood pressure, high cholesterol, and an inactive lifestyle can all increase the risk of developing PAD.



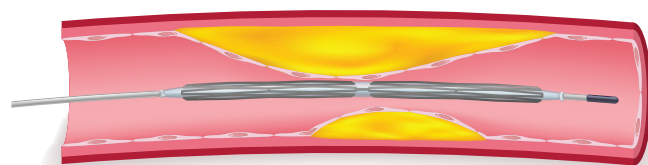
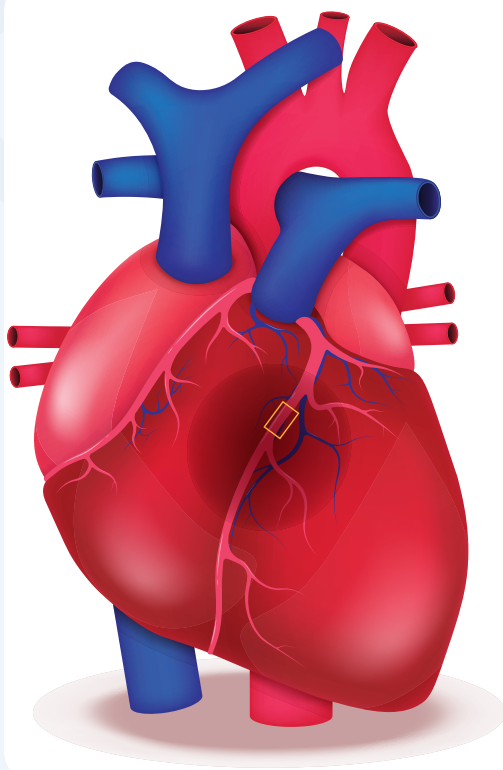
Traditional vs. Minimally Invasive Treatments

✓ Traditional Treatments:

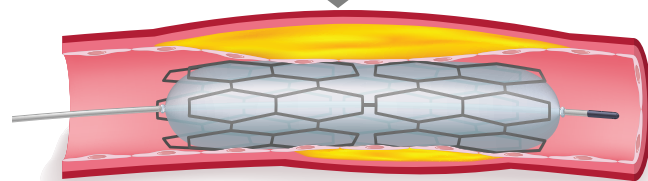
Traditionally, lifestyle changes, medications, or, in severe cases, bypass surgery were used to treat PAD. However, these treatments come with limitations, including longer recovery times and potential complications.

✓ Angioplasty and Stenting:

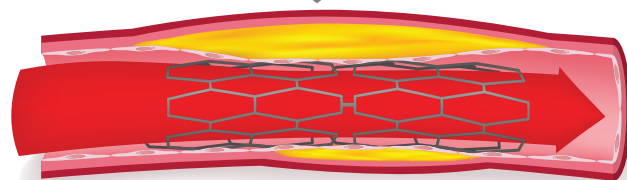
These minimally invasive procedures use a balloon (angioplasty) to widen blocked arteries and a stent to keep them open. This combined approach helps restore blood flow and relieves PAD symptoms with a shorter recovery period.



The balloon and stent are positioned in the narrowed part of the artery



The balloon is inflated and stent expands



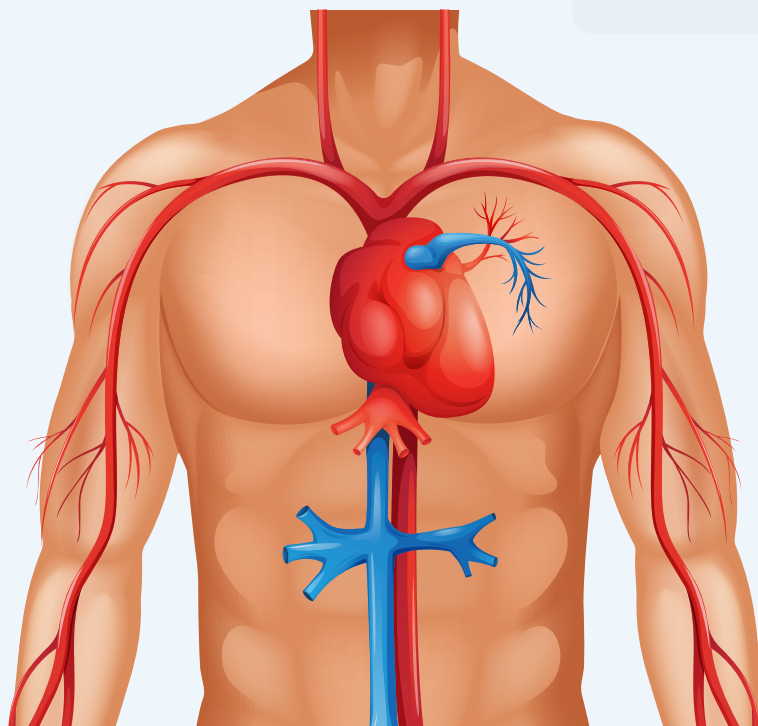
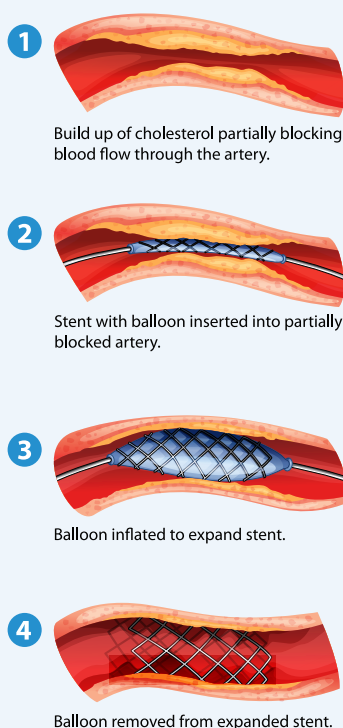
The balloon is removed and stent remains to hold open artery

Benefits of Angioplasty and Stenting

- ✓ **Minimally Invasive:** Requires no major surgery.
- ✓ **Quick Recovery:** Most patients can resume routine activities within days.
- ✓ **Long-Term Relief:** Improved blood flow reduces pain and enhances mobility.
- ✓ **Avoid Amputation:** The patient's leg can be saved from amputation if blood flow is restored.

What to Expect During the Procedure

- ✓ **Preparation:** Consultation and imaging tests ensure proper diagnosis and planning.
- ✓ **Procedure:** Performed under local anaesthesia, with a small incision in the groin. The doctor inserts a catheter with a balloon and stent to treat the affected artery.
- ✓ **Duration:** The entire procedure takes 1–2 hours on average.



Post-Procedure Care and Recovery

- ✓ **Immediate Recovery:** Light activity is encouraged following the procedure. Any mild discomfort can be managed with prescribed medications.
- ✓ **Long-Term Care:** Patients are advised to avoid heavy lifting for a few days and follow a heart-healthy diet to maintain their results.

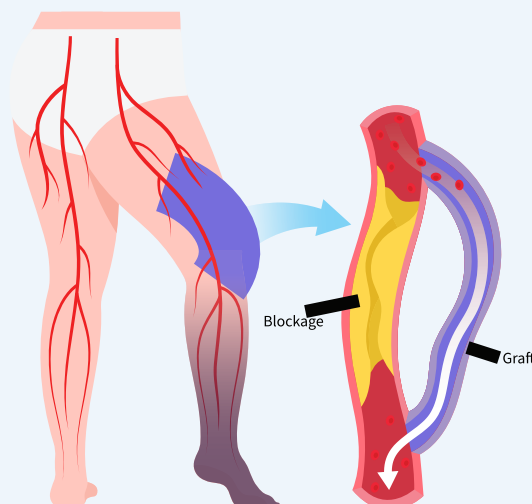
Patient Success Stories

“Indeed a kind-hearted and down-to-earth doctor withholding a great experience in his field...Best neuro and vascular interventional radiologist”

- **Lakshay Sharma**

Comparing Angioplasty to Bypass Surgery

- ✓ **Angioplasty:** Minimally invasive with a quick recovery.
- ✓ **Bypass Surgery:** Involves open surgery with longer hospitalisation and recovery periods.artery.





About Dr Akhil Monga

Dr Akhil Monga is a highly experienced vascular and interventional radiologist, specialising in minimally invasive treatments for conditions like PAD. His patient-centred approach ensures that each patient receives the care they need to regain mobility and improve their quality of life.

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