



MAINE HEART
SURGICAL
ASSOCIATES

VASCULAR &
VEIN CENTER

MHSA PULSE

EXPERT ADVICE ON HEALTH AND WELL-BEING

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21 B Northbrook Drive
in Falmouth!*

MARK YOUR CALENDAR

OUR NEXT FREE SCREENING
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5-8 PM!

WELCOME to the premier issue of MHSA Pulse, brought to you by Maine Heart Surgical Associates Vascular and Vein Center. We have designed this newsletter to stay in touch with you, our colleagues, as we share our latest research, industry trends and patient success stories. Everyone here at MHSA would like to wish you a happy and healthy New Year!



STATE-OF-THE-ART VASCULAR AND VEIN CENTER OPENS IN FALMOUTH

Maine Heart Surgical Associates is pleased to announce the opening of its Vascular and Vein Center at 21 B Northbrook Drive in Falmouth. The physicians, Dr. John Braxton, Dr. Scott Buchanan, and Dr. Desmond Donegan, are skilled cardiovascular surgeons who specialize in heart, lung, esophageal, vascular and vein surgery.

The new center offers complete treatment of both vascular and vein diseases. These include the treatments of carotid disease, peripheral vascular disease, intravascular stents and thoracic and abdominal

aneurysms. Our comprehensive treatment of varicose veins provides; ultrasound screenings, VNUS closure procedures, phlebectomy and sclerotherapy. We have opened a 5,000 square foot state-of-the-art facility in order to accommodate our patients. With our bright treatment rooms and private recovery suites, we make sure that your comfort is always a top priority. The surgeons have already performed over 600 procedures with a success rate of 98%.

If you have any questions, please call our office at 774-5479.

“WE ARE THE VEIN EXPERTS.”

ANNOUNCEMENTS

FREE SCREENING EVENT

Thursday, February 5th is our next free screening. Have your patients call 774-5479 to reserve your free consultation with one of our surgeons today!

FEBRUARY IS AMERICAN HEART MONTH

Heart disease, stroke, and other cardiovascular diseases are the number one killer of women. Join us on February 1st, 2009 for WEAR RED TO WORK DAY to spread awareness of cardiovascular disease.



SPOTLIGHT ON: VNUS CLOSURE PROCEDURE

Do your patients struggle with swollen, twisted, or unsightly veins?

Venous reflux disease prevents vein valves from closing properly and carrying blood back to the heart. When the valves fail, blood flows back down the legs (refluxes), and pools in the veins, which causes them to swell. The damaged veins are often painful, swollen and may cause leg heaviness and fatigue. This condition is commonly known as varicose veins. If left untreated, varicose veins can become progressively worse overtime. If the veins rupture, your patient can be left with leg ulcers- painful, odorous, open wounds that can endure for months.

Unlike the surgical removal of diseased veins (vein stripping), under general anesthesia, our office has adopted a minimally invasive alternative vein procedure, the VNUS Closure. Our doctors have performed it successfully on over 600 patients.

HOW IT WORKS

Our Doctors use an ultrasound to position a tiny catheter in the

diseased vein. Using radio frequency energy to heat the vein wall, the vessels shrink and collapse around the catheter. Once the catheter is withdrawn, the vein remains closed.

PATIENT BENEFITS:

Fast!

Procedures take only 20 minutes!

Effective!

The VNUS procedure treats the cause of varicose veins!

Accessible!

The VNUS procedure is covered by most insurance!

Inclusive!

The majority of venous disease patients can be treated with the VNUS procedure!

Live life to the fullest!

This outpatient procedure allows patients to resume normal activity the next day!

Immediate relief!

If you would like information about the VNUS procedure, call our office OR visit our website, maineheart surgical.com

TESTIMONIAL: ALBERT'S STORY

Albert is a 49-year-old former marine. For years, he experienced sharp pains on the insides of his knees and heaviness and swelling in his legs. "My legs were really uncomfortable and there was a lot of pain after prolonged periods on my feet," Albert recalled. Tired of the discomfort of his unsightly veins, Albert was referred to Maine Heart Surgical Associates Vascular and Vein Center for a consultation.

"During the consultation, the doctor and staff were very communicative about my options and the procedures," Albert said. "The doctor and staff took genuine interest in my condition and earnestly wanted to help." During the consultation, Dr. Donegan recommended the VNUS closure procedure. After changing his insurance provider, Albert was excited to learn that he would receive assistance with the cost.

One week later, Albert returned for his VNUS procedure. Dr. Donegan used an ultrasound to place the catheter into Albert's diseased veins. "For the most part, there was

no pain," Albert remarked. After the quick procedure, he returned home, and the next day, Albert was able to go back to work.

"A week after the procedure, I was in shorts cutting the grass," Albert said. "The pain and swelling was

gone. I also seem to have more endurance when going for walks."

Albert continues to enjoy the many benefits of the VNUS closure procedure.



Before



After

FAQ

Is this procedure covered by most insurances?

Answer: Yes! We participate with most insurance companies.





MAINE FOUNDATION FOR CARDIAC SURGERY

We are so excited to tell you about the wonderful work our colleagues have been doing these past few months. Founded by our surgeons and staff, the Maine Foundation for Cardiac Surgery has been offering surgical care and support to children's hospitals around the world.

One of the several programs partially funded and supported by the Maine Foundation for Cardiac Surgery is The China Journey for Pediatric Cardiac Care. Every 3 years, a team of medical professionals flies to China with a planeload of medical equipment and supplies to donate.

This year, the team was accompanied by Jia, one of their patients who was returning home to a pediatric healing unit in Beijing after a successful



operation here in the U.S. The Maine Foundation for Cardiac Surgery brought Jia, a young girl with a complicated heart condition, to Maine for her lifesaving procedure.

MHSA's Dr. Quinn and his nurse Lori Hafner were a part of the most recent effort in China. They spent two weeks offering surgical care in Shanghai and Beijing. The team was able to

operate on 12 children as well as help train Chinese surgeons in operative procedures and patient care.

On behalf of the Maine Foundation for Cardiac Surgery, Dr. Quinn would like to thank Maine Medical Center, Pediatric Cardiology Associates, Spectrum Medical Group, the Ronald McDonald House, Hurley Travel, the host of physicians nurses and interpreters as well as the Portland community who have helped care and provide life saving opportunities for these precious children.

If you would like more information, or want to donate to the lifesaving programs offered through the Maine Foundation for Cardiac Surgery, contact Rick Morrone at morrone@mmc.org.

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