

About Vascular One Ultrasound

Vascular One Ultrasound is a new, modern vascular ultrasound diagnostic practice which opened in Kotara, Newcastle in February 2011. It is a locally owned and operated business dedicated to quality service.

Warren Lewis is the Director and Senior Sonographer for Vascular One Ultrasound and has been working in the field of vascular ultrasound diagnosis since 1985. He has worked closely with most of the vascular surgeons in Newcastle and is Newcastle's most experienced and respected vascular sonographer.

The supervising Specialists for Vascular One Ultrasound are Radiologists from Newcastle based Hunter Radiology.

Vascular One Ultrasound's goal is simple:

- "to provide our clients with the most accurate vascular ultrasound diagnosis possible" and

- "to have our knowledgeable, friendly and helpful staff provide our clients with a first class, efficient and memorable service".

Contact us

Ph. 4953 9811

For all appointments and enquiries

Email—info@vascularone.com.au
www.vascularone.com.au

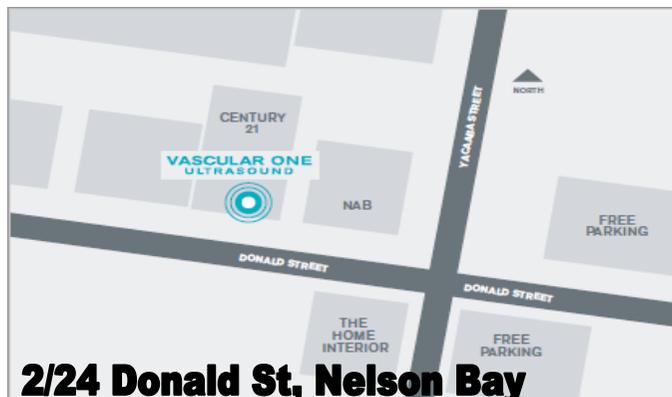
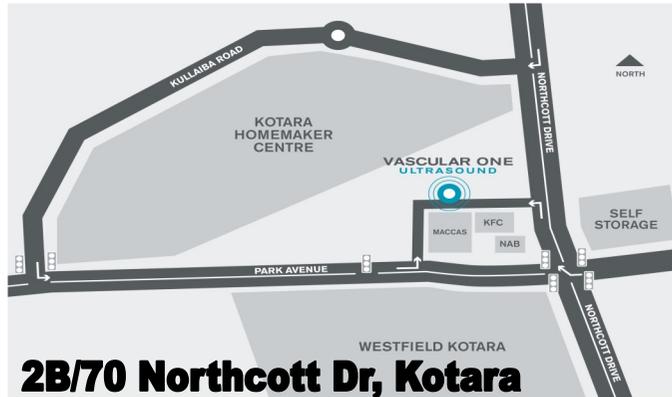
Opening hours and Address

We are open:

Mon - Fri 8.30am - 5pm Kotara, Maitland and Nelson Bay.

Saturdays 8.30am - 12pm (**1st & 3rd** of the month) at Kotara.

Find us at:



LEG ARTERY

ASSESSMENT



VASCULAR ONE ULTRASOUND

PATIENT INFORMATION BROCHURE

Kotara, Maitland & Nelson Bay

Why am I having this scan?

Your Doctor wants you to have a colour flow duplex ultrasound scan of the arteries in your legs. Your Doctor wants to rule out any narrowing or blockages in these arteries which may be causing a decrease in the amount of blood flow to the legs and the symptoms you have been experiencing. These symptoms may include:

- Pain or tightness in the thigh or calf muscles when walking or exercising.
- Burning sensation in the feet
- Ulceration on the lower leg or foot and toes
- Suspected aneurysm of the leg arteries

You may have already had surgery or treatment of the leg arteries and the Doctor wants a routine check.

What causes narrowing of the leg arteries?

Atherosclerosis is the most common reason for arterial narrowing or blockages. It is a condition which causes the fatty deposits to build up on the artery walls causing narrowing and possible total blockage. Risk factors commonly associated with the presence of atherosclerotic disease are smoking, high cholesterol, diabetes, high blood pressure and a family history of the disease. A colour flow duplex ultrasound of the leg arteries will accurately identify any areas of narrowing, blockage or dilatation.

What will happen during the examination?

There are no needles or dyes used so, there is no need to be worried about this examination. **All Vascular One Ultrasound scans are non-invasive and painless.**

If your Doctor wants you to have "Leg arteries- scan with pressures", this is a two part examination but is performed together in the one visit:

Part 1 -involves taking blood pressures on your arms and from around your ankles. A small pencil-like probe is rested on the skin in the groin, behind the knee and at the foot to listen to the arteries and take wave-forms. If required, you are then walked on a treadmill **walking at your own pace** for several minutes and your symptoms are noted. **This is not a stress test.** The pressures are repeated after exercise.

Part 2 - An experienced vascular sonographer will perform a colour flow duplex ultrasound scan of the arteries in your leg. The examination begins in the lower abdomen where the aorta divides to the main arteries to your legs. If you are not a diabetic, you would have been instructed to fast. This minimises the gas in the bowel and stomach which interferes with the ultrasound image. You will be asked to remove the clothing from your stomach and leg area (leaving underwear on). Gel will be put on the skin surface and the sonographer will gently move the probe over your arteries. You will, from time to time, hear noises coming from the ultra-

sound machine. This is normal and is the Doppler ultrasound measuring the speed and direction of the blood flow in these arteries. This is a detailed and comprehensive test of the leg arteries and takes 90 minutes for both legs or 60 minutes for one leg. If your Doctor has requested a "**Leg arteries – scan only**", you will only have **Part 2** performed. This will take 60 minutes for 2 legs or 30 minutes for one leg.

What is ultrasound?

Ultrasound involves transmitting sound waves into the body from an ultrasound probe which are then reflected off the structures we are examining in your body. The ultrasound machine then reconstructs this information into the pictures you see on the ultrasound monitor. To assess your arteries and veins we use Doppler ultrasound which enables us to measure the speed and direction of your blood flow. Colour Doppler enables us to "see" the movement of the blood flow in your vessels. Ultrasound has been in use since the 1950's and is completely safe and non-invasive.

Your scan results

These will be delivered to your Doctor within 48 hours. If your Doctor uses software to download results, they will be there within 24 hours and we can contact them immediately if need be. It is the responsibility of your Doctor to give you the results of your test.