

**New Years Resolution for Smokers: Another Reason to Quit
Peripheral Vascular Disease
Satellite Feed
TRT: 17:43**

IMAGE/SLATE: SIR logo (with Web site: www.SIRweb.org)

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SLATE: Format:
package, bites and b-roll

SLATE: Ted Chambers, MD
Interventional Radiologist
Fairfax, Virginia

SLATE: Russell Smith
Patient / PVD (diabetic and former smoker)
Woodbridge, Virginia

ALTERNATE SUGGESTED LEAD: If you're making a list of New Year's resolutions, and quitting smoking is one of them, here's one more reason to quit. Most people know that smokers are at increased risk for cancer. What they might not realize is that smoking also causes hardening of the arteries in the legs that often causes leg pain when walking. This is an early warning symptom of blocked arteries throughout the body that puts people with PVD at much higher risk of stroke and heart attacks. Carolyn Gorman has more about this common condition in smokers.

**Peripheral Vascular Disease
Satellite Feed**

PKG: 1:53

Nat sound	(Smith outside walking)
Narrator	Walking is a simple pleasure Russell Smith now savors each day. After years of smoking, he began to develop debilitating leg pain.
Smith	“It wasn’t until I started experiencing severe leg pain and life-threatening leg pain that I felt I had to do something about my smoking. It was no longer an option.”
Doctor with patient Doctor with computer films Smoker	An interventional radiologist diagnosed Smith with PVD, peripheral vascular disease or hardening of the arteries in the legs. A disease caused by atherosclerosis which is caused by smoking.
Chambers	“PVD does cause leg pain and the problem with the leg can increase to the point where people’s pain will increase at progressively shorter distances of walking – eventually to the point where they have pain at rest.”
Smith with son	Smith then learned that his leg pain wasn’t all he needed to worry about.
Chambers	“It can lead to gangrene and loss of limb. But there’s also association with coronary disease and stroke.”
ABI test	Diagnosis for PVD is simple. A blood pressure test that compares the pressure in the ankle to the pressure in the arm – known as an ankle brachial index test – is all it takes.
People on street Person exercising Procedure footage	For the 10 million American’s suffering with PVD, treatment includes exercise and stopping smoking. Some also need medication or angioplasty in the leg to reopen the artery and improve blood flow.
Smith with son	For Russell Smith, the resolution to stop smoking and seek treatment resulted in the best new year—one with his family.
Smith	“I’m able to go to the mall with my son. I’m able to go to Great Falls with my wife and walk around the mountains. I’m able to enjoy a much freer, healthier, happier lifestyle.” Carolyn Gorman reporting.

SUGGESTED CLOSE: Visit our web site at _____ to learn more about PVD or to find a local interventional radiologist who can identify and treat the disease visit www.SIRweb.org.

SLATE: Interventional radiologists are board certified doctors who use their ability to see inside the body with X-rays, MRI's, ultrasound, computed tomography (CT), and other imaging to treat patients directly at the source of disease using tiny instruments they guide through the body's blood vessels or through the skin to treat diseases without surgery.

SLATE: Interventional radiologists pioneered angioplasty and stenting which were first used in the legs to save PVD patients from amputation or surgery. Interventional radiology treatments are minimally invasive, targeted treatments that replace open surgery. Additionally, they involve less risk, less pain and less recovery time for the patient.

SLATE: Prevalence of PVD

- 10 million Americans
- Up to 20% of Americans age 65 and older

SLATE: Symptoms of Peripheral Vascular Disease (PVD)

- The most common symptom of PVD is called intermittent claudication, which is leg pain that occurs when walking or exercising and disappears when the person stops the activity.
- Other symptoms of PVD include: numbness and tingling in the lower legs and feet; coldness in the lower legs and feet; and ulcers or sores on the legs or feet that don't heal.
- Many people simply live with their pain, assuming it is a normal part of aging, rather than reporting it to their doctor.

SLATE: Risk Factors for PVD

- Smoking
- High blood pressure (hypertension)
- High cholesterol
- Diabetes
- Family history of heart or vascular disease
- Being overweight
- Lack of exercise or physical activity
- Age over 50

SLATE: Smoking Facts

- According to the 2000 Surgeon General's Report, tobacco smoking remains the number one cause of preventable disease and death in the United States
- About 23% of adults age 18 and older smoke

SLATE: Additional bites and b-roll

SLATE:

Ted Chambers, MD
Interventional Radiologist
Fairfax, Virginia

“It amazes me that on the cigarette packs you’ll see warnings about emphysema, birth defects, lung cancer, but I’ve never seen any warnings about peripheral vascular disease. Everyone who works with peripheral vascular disease like me knows there’s a strong association between smoking and peripheral vascular disease.”

“When people engage in regular exercise regimen or if they get treated with angioplasty, you’ll see a marked turnaround in their lives and they suddenly realize, my gosh, I don’t have to live like this.”

“Well, I think this is one of the greatest tragedies of the elderly in America right now. With as many as 20 percent of the population over 65 having peripheral vascular disease, that means there are a lot of people who have the disease and it’s not been diagnosed. And the reason is many of them believe it’s just their lot in life—that they’re old and they’re going to have pain and it’s a natural cause of aging.”

“Interventional radiologists are ideally suited for treatment for peripheral vascular disease because their training revolves around peripheral vascular disease. First of all, they can do a minimally invasive diagnostic test called an angiogram which allows them to look at the blood vessel and precisely identify where the problem is that caused the leg pain. Then, with equal precision, they can place a balloon or a stent at the site that’s causing the problem, open it up, improve blood flow through it and without any surgery take care of the problem and this avoids bypass surgery and more invasive measures to treat the problem.”

SLATE:

Russell Smith
PVD Patient (diabetic and former smoker)
Woodbridge, Virginia

“I spent several days actually miserable and depressed and started worrying that I might actually die. And then my survival instincts started to kick in and I started to think there is something I can do here. I can fight this. And so, I went out and got a treadmill for the first time.”

“If I hadn’t intervened and taken the suggestion of my doctor and gotten myself on the treadmill and started exercising and stopped smoking, I’m not sure I’d be here talk to you today.”

“But as a smoker, and an addictive smoker, we generally find excuses to smoke. It wasn’t until I started experiencing severe leg pain and life-threatening leg pain that I felt I had to do something about my smoking. It was no longer an option.”

“When that survival instinct kicks in and you finally wake up and you realize that if you don’t quite smoking you might possibly could face death and this isn’t just a warning on the side of a pack of cigarettes, but this is real—that you’re going to die. You get a wake up call. Something kicks in. You get touched with life and what life means and how much you really like to enjoy living it. And once you get that motivation behind you, it gets a lot easier to quite smoking cigarettes. When you start missing your family before you’re gone – you get a wake up call.”

“There was a combination of things motivating me to get my act together and start doing what I needed to do. It wasn’t just the personal pain that I was experiencing in my leg—it was the loss of good valuable family time. My family wanted to go hiking or go to the mall and walk around and I wasn’t able to participate. There were a lot of days where I sat here alone—not with my family wishing I was.”

SLATE: Interventional Radiology Procedure for PVD

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