

Outpatient Treatment for Uterine Fibroids

Buffalo Vascular Care uses the latest nonsurgical, minimally invasive techniques for *women's health* and *vascular conditions* in one convenient outpatient location.



For more than 20 years, Dr. Azher Iqbal has worked in greater Buffalo as a vascular interventional specialist. A leader in the local area, he's also a pioneer of sorts. After working for so many years providing vascular interventional treatments, he recognized that many of the procedures patients were having done in a hospital setting could just as easily be done in a full-service outpatient facility. In 2016, he opened Buffalo Vascular Care—a boutique outpatient facility providing a full spectrum of minimally invasive, nonsurgical vascular and nonvascular care.

A BETTER OPTION FOR TREATING FIBROIDS WITHOUT SURGERY

Uterine fibroids are the most common benign tumors occurring in women in their 30s and 40s and are the No. 1 cause of menstrual pain and heavy bleeding. Untreated fibroids can lead to anemia, urinary leakage or frequency issues, constipation, back pain, and, in some cases, infertility.

Traditional surgeries for uterine fibroids involve removal of the uterus or the individual fibroids. Both procedures require hospitalization, carry the usual complications associated with any major abdominal surgery (including risk of infection and scarring), and require four to six weeks of recovery time.

Hormonal therapy usually precedes surgical options, and the two are generally the only options offered to women. Most do not consider seeing an interventional radiologist like Dr. Iqbal.

Buffalo Vascular Care is the only outpatient facility in Western New York to offer patients a different option: uterine fibroid embolization. This minimally invasive, nonsurgical, well-established medical procedure lasts an hour or less and involves the insertion of a small catheter through an artery in the wrist to block blood flow to fibroids. Patients stay at the facility just a few hours afterward for recovery and pain management. They can go home the

same day and back to work in about a week. There are no incisions or scarring.

"The risk of complication with uterine fibroid embolization is around 1 percent," says Dr. Iqbal. "Symptom relief occurs within the first 30 days and improves each month." More importantly, the caring and experienced staff at Buffalo Vascular Care maintains "excellent communication with our patients' gynecologists, so they always know what's going on. It's a great option for pre-menopausal women who aren't looking to have any more children and who have been offered elective hysterectomy for fibroid treatment but don't want to undergo major surgery."

LOWER EXTREMITY VASCULAR SOLUTIONS: VARICOSE VEINS AND PERIPHERAL ARTERIAL DISEASE

True to Dr. Iqbal's roots, Buffalo Vascular Care specializes in complete vascular treatment for the legs. He has vast experience in treating vein reflux disease, which can cause symptoms such as varicose veins, leg heaviness or tightness, restlessness at night, and even nonhealing leg ulcers. When paired with healthy lifestyle changes, the minimally invasive, office-based procedures performed by Dr. Iqbal can provide patients long-term relief from often painful and quality-of-life-limiting symptoms.

Buffalo Vascular Care also offers limb-saving procedures for patients with severe peripheral arterial disease (PAD). Patients with PAD often experience leg pain, tightness, and cramping with ambulation caused by blocked arteries in the leg. However, some PAD patients, especially diabetics, can develop nonhealing foot and toe ulcers, infections, and gangrene, symptoms which, if left untreated, can lead to amputation. Dr. Iqbal uses advanced techniques such as atherectomy, angioplasty, and stenting to restore blood flow.



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