

PRIMARY CARE REFERENCE

Conditions We Manage & Treat

Vascular surgeons care for diseases of the arteries and veins throughout the body. Consider a referral for any of the conditions below — **earlier is better**, and fewer than half of the patients we see ever need an operation.

HEAD & NECK

- Carotid artery disease, stroke & TIA
- Vertebral artery disease

AORTA, CHEST & ABDOMEN

- Abdominal & thoracic aortic aneurysm
- Aortic dissection
- Aortoiliac occlusive disease
- Mesenteric, renal & visceral artery disease

LEGS & ARTERIES

- Peripheral arterial disease (PAD)
- Claudication & chronic limb-threatening ischemia
- Diabetic foot & non-healing wounds
- Peripheral aneurysms

VEINS & LYMPHATICS

- Varicose veins & chronic venous insufficiency
- Deep vein thrombosis (DVT)
- Leg swelling & lymphedema

DIALYSIS ACCESS

- Access creation & planning
- Failing or malfunctioning access; steal syndrome

OTHER VASCULAR CONDITIONS

- Thoracic outlet syndrome
- Vascular trauma & vascular infections
- Raynaud's & fibromuscular disease

When in doubt, refer.


We're glad to help you and your patient figure out the next step.


PARTNER WITH US

Refer to Tripler Vascular Surgery

Contact

 **Tripler Army Medical Center**
1 Jarrett White Road, Honolulu, HI 96859
Main: (808) 433-6661

 **Vascular Surgery Clinic**
Consult / scheduling line:
(808) 433-5228

 **Clinic Hours**
8 a.m. - 3 p.m.

How to Refer

Providers (VA & MTF): Place a Vascular Surgery Referral 2.0 requesting Tripler Vascular Surgery in Genesis, or route through VA Community Care when indicated. Include imaging, ABIs, pulse exam and relevant labs.

Patients: Ask your VA or primary care team for a referral to **Tripler Vascular Surgery**.

What your patient can expect

- A thorough, unhurried vascular evaluation
- A personalized, patient-centered care plan
- The least-invasive option that works — surgery only when it's truly best

This brochure is for general patient and provider education and does not replace evaluation by a qualified clinician. If you are having a medical emergency, call 911.

TRIPLER VASCULAR SURGERY

Your Vascular Health

Understanding common vascular diseases — and when to see a vascular surgeon.

A guide for patients and primary care teams



Capable. Comprehensive. Collaborative.
Today's board-certified vascular surgeons.

TAMC Tripler Army
Medical Center

What Is Vascular Disease?

Your body runs on a vast network of arteries (carrying oxygen-rich blood out from the heart) and veins (returning blood back). Disease in these vessels can occur almost anywhere.

Arteries can harden and clog with plaque — called **atherosclerosis**, or “hardening of the arteries.” The same process behind heart attacks can affect the neck, abdomen, kidneys, arms and legs.

Veins can cause leg swelling, varicose veins, and dangerous blood clots (deep vein thrombosis).

The Vascular Surgeon's Role

Vascular surgeons are the **only physicians board-certified in vascular surgery**, with 5–7 years of specialty training after medical school. They are **disease-focused, not technique-focused** — matching each patient to the right treatment.

- Prevention, risk-factor & medical therapy
- Exercise and lifestyle programs
- Minimally invasive procedures (angioplasty & stenting)
- Traditional open surgery when it lasts longer or works better
- Lifelong management of vascular disease

< 50%

of patients treated by a vascular surgeon ever require an operation — most are managed medically and minimally.

ONE PARTNER, THE FULL SPECTRUM

From the first risk-factor conversation to advanced repair, a vascular surgeon can guide care at every step — often as a lifelong care partner.

Common Vascular Conditions

Carotid Artery Disease & Stroke

Plaque in the neck arteries can break off and travel to the brain. About **1 in 4 strokes** starts this way. Warning signs (TIAs) are emergencies — remember **FAST** (Face, Arms, Speech, Time). Diagnosed painlessly with carotid duplex ultrasound.

Abdominal Aortic Aneurysm (AAA)

The body's largest artery weakens and balloons. Usually **silent** until it ruptures. Nearly **200,000** Americans are diagnosed yearly; about **15,000** die from a rupture. A simple ultrasound screens for it — and Medicare covers a one-time AAA screen for qualifying patients.

Peripheral Arterial Disease (PAD)

Blocked leg arteries cause cramping pain when walking (claudication). If it worsens: pain at rest, wounds that won't heal, even gangrene and amputation. People with PAD are **3× more likely** to die of heart attack or stroke. Checked with an ankle-brachial index (ABI) and ultrasound.

Venous Disease & Leg Swelling

Includes **varicose veins**, **chronic venous insufficiency** (achy, swollen, heavy legs from faulty valves), and **deep vein thrombosis** — a clot in a deep leg vein that can be dangerous. Many are treatable with minimally invasive procedures.

Diagnosed simply, treated smartly

Most of these conditions are found with quick, painless tests — and from medication and exercise to angioplasty, stents and open repair, your vascular surgeon offers every option under one roof.

ALSO TREATED BY VASCULAR SURGEONS

Aneurysms throughout the body, aortic dissection, mesenteric & renal artery disease, thoracic outlet syndrome, dialysis-access creation, vascular trauma, lymphedema and more.

Know the Risk Factors

Think “vascular” in any patient with:

- Smoking / tobacco
- Age over 60
- Diabetes
- Family history
- High blood pressure
- Atherosclerosis
- High cholesterol
- Obesity / inactivity

Tests We Commonly Use

Duplex Ultrasound

Painless, non-invasive look at blood flow — no radiation, dye or needles.

Ankle-Brachial Index (ABI)

Quick blood-pressure cuff test to screen for PAD.

Carotid Duplex

Measures blood flow through the neck arteries.

CTA / MRA

Advanced 3-D imaging to map vessels before treatment.

Angiogram

X-ray with contrast — can diagnose and treat blockages.

Protect Your Vessels

- Don't smoke — the #1 preventable cause
- If diabetic, keep glucose & A1c well controlled
- Manage blood pressure & cholesterol
- Aim for ~150 minutes of activity each week
- Eat heart-healthy & keep a healthy weight

CONCERNED ABOUT A PATIENT?

Refer to **Tripler Vascular Surgery**. Early is better — see the back panel for how to reach us.