

Wrist Factor:

Innovative technique clears blocked arteries

Donald Lang of North Royalton and Ronald Griffin of Canton both received news last year that would forever change their lives.

Both men, aged 63 and 60, respectively, found themselves at Southwest General hearing that they had severe blockages in the arteries that supply blood to their hearts, as much as 100 percent. The blockages required immediate action.

"I asked the doctor, 'How am I sitting here talking to you when I have 100 percent blockage in my heart?'" recalls Lang.

Lang and Griffin both were treated by Jaikirshan Khatri, MD, a board-certified cardiologist on the Medical Staff at Southwest General. For both men, Dr. Khatri recommended cardiac catheterization, a procedure used to detect and treat blockages in the heart's coronary arteries.

But it wasn't just any cardiac catheterization procedure that Dr. Khatri proposed. While 95 percent of such procedures nationwide access the heart through the femoral artery in the groin, Dr. Khatri prefers to enter through the radial artery in the wrist.



Jaikirshan Khatri, MD, FACC, FSCAI
Cardiology

"It's another way to get to the same area," says Dr. Khatri. "But from the patient's standpoint, it's a lot more comfortable, and from the doctor's perspective it's far safer for the patient."

That means no bed rest after the procedure, allowing patients, literally, to walk themselves to the Recovery Room, unless they had sedatives prior to the procedure. By the next morning, the patient can resume normal activities, enjoying a faster recovery. Most importantly, the risk of a major bleeding

Patient Benefits of the Radial Approach for Cardiac Catheterization:

- Reduced risk of bleeding complications
- Faster recovery—no bed rest required after the procedure
- No activity restrictions after the procedure



From left to right: Donald Lang, Dr. Jaikirshan Khatri and Ronald Griffin.

complication—not uncommon with the femoral approach—is eliminated. "I was amazed at how easy it was for Dr. Khatri to do it," says Griffin of the radial procedure. "It was painless, and you feel very relaxed."

Nationwide, doctors are coming around to the patient benefits of the radial approach to cardiac catheterization. In Northeast Ohio, Dr. Khatri is the only physician regularly performing the procedure, having done 700 in the past 18 months alone.

"I feel like I have a new interest in life," says Griffin. "I didn't realize how bad I was feeling until I got the blockages fixed."

That's a sentiment Lang echoes, and for that, they both thank Dr. Khatri.

"I was at the right place at the right time, and had the right guy, Dr. Khatri, there," says Lang. "I am so thankful for Dr. Khatri coming into my life." ■

To learn more about the radial approach to cardiac catheterization, or for any heart-related questions, contact our FREE, 24-hour nurse practitioner support line, at 1-877-SWG-BEAT (794-2328).