

# QUESTIONS TO ASK YOURSELF

Have you had any pain in your ankles or legs?  
If yes, how severe has the pain been?

How much trouble have you experienced  
during usual activities because of your leg  
problems?

Do you have any difficulty sleeping because  
of your leg problems?

Does your leg pain limit your ability to  
function and complete daily activities?

Do you have more swelling in your left leg  
compared to the right leg?

After standing, does your leg pain go away  
when you lay down flat?



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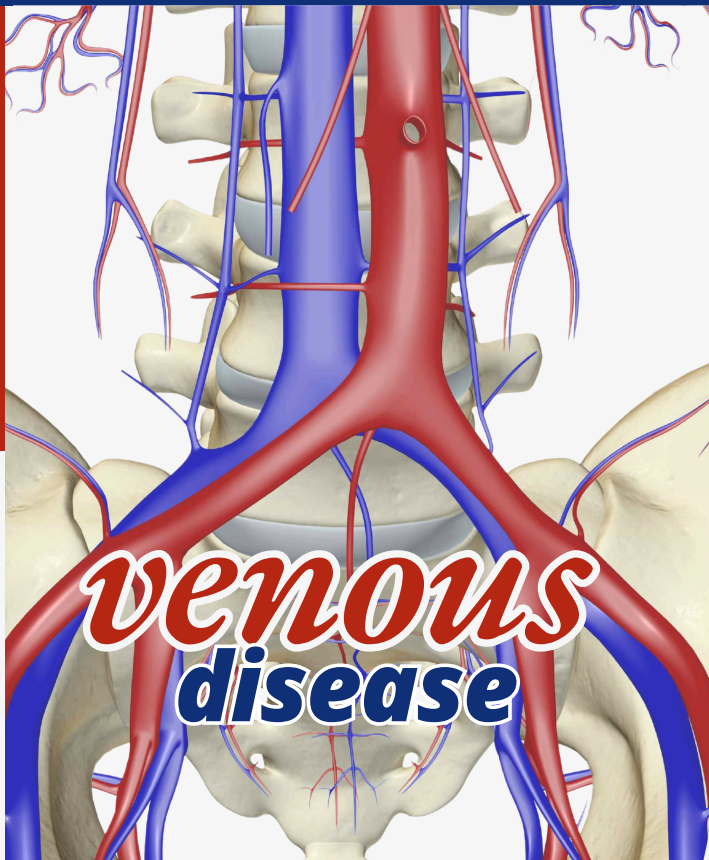


CHAMPLAIN VALLEY VASCULAR



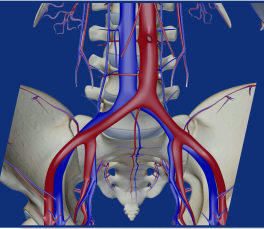
Dr. Theodore S. Pabst, III received his BA from John's Hopkins University in Baltimore, Maryland. He graduated with his MD from Northwestern University in Chicago, Illinois. His general surgery residency was completed at the University of Illinois Medical Center, also in Chicago. He attended the University of Arizona Health Science Center in Tucson, where he completed his vascular residency.

## WHAT YOU NEED TO KNOW



CHAMPLAIN VALLEY VASCULAR IS A PRIVATELY  
OWNED PRACTICE FOR OVER 25 YEARS

YOUR CARE AND RECOVERY  
ARE OUR HIGHEST PRIORITIES



Iliac vein compression occurs when the right iliac artery, which sends blood to your right leg, presses on the left iliac vein, which carries blood from your left leg to your heart. 1 of 5 individuals with Iliac vein compression develop deep vein thrombosis (DVT) or blood clots in the legs.

## RISK FACTORS

Recognizing the risk factors sooner is the first step towards getting diagnosed and treated by your physician. This is important, as these risk factors could cause a DVT and potentially lead to chronic venous disease.

● TRAUMA

● VENOUS COMPRESSION

● OBESITY

● GENETIC CLOTTING DISORDERS

● SURGERY

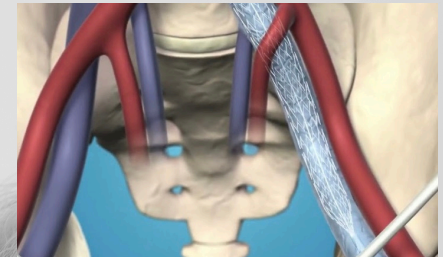
● HORMONE THERAPY

● SMOKING

● PROLONGED TRAVEL

● CANCER

● IMMOBILITY



## INTERVENTIONAL TREATMENT

These treatment options include minimally invasive procedures by either removing or dissolving a blood clot via a catheter and/or implanting a venous stent to open your narrowed vein.

## SYMPTOMS

Every venous case is different. You may have a few or none of the venous disease symptoms. Some people may experience more swelling in the left leg or notice leg pain when standing.

● WOUNDS

● PAIN WHEN STANDING

● DISCOLORATION

● SWELLING



## MANAGEMENT

Those at risk of getting a blood clot will be encouraged to achieve and maintain a healthy weight, elevate legs when possible and use compression stockings and/or mechanical foot pumps.

● WEIGHT LOSS

● ELEVATION

● COMPRESSION