

## **MEDIA RELEASE**

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### **IJN OFFERS A LEG UP FOR SUFFERERS OF PERIPHERAL ARTERY DISEASE**

**KUALA LUMPUR, SEPTEMBER 3, 2019:** Do not be surprised if you see doctors and staff at Institut Jantung Negara (IJN) wearing a single white sock this month.

The centre is participating in the global “White Sock Campaign”, which aims to raise public awareness of peripheral artery disease (PAD) every September. Created by the Save a Leg, Save a Life Foundation, the white sock symbolises late-stage PAD patients who have lost their limbs due to delayed treatment.

Affecting some 204 million people worldwide, PAD is a common circulatory problem that results in narrowing of the arteries that lead to the head, organs and limbs.

It occurs when excess cholesterol and fats (called plaque) build up in the walls of the arteries, causing them to narrow and disrupt blood flow.

Risk factors for PAD include having a history of coronary artery disease and diabetes; smokers and those with unhealthy cholesterol levels are also primary targets for the disease.

PAD often affects the legs, and can sometimes severely impact the sufferer’s mobility. If left untreated, the disease may lead to amputation of the affected limb.

IJN Group Chief Executive Officer Datuk Seri Dr Mohd Azhari Yakub explained that many patients living with PAD are sometimes unaware that they even have the condition.

“Many either do not experience the common symptoms of leg pain, or tend to wave off these aches instead of consulting with a medical practitioner,” he said.

“Considering that two major risk factors of PAD are diabetes and unhealthy cholesterol levels, and these lifestyle conditions are on the rise in Malaysia, PAD is no small matter.

“While we have long offered specialised care for patients suffering from PAD, we also felt the need to raise awareness of the disease so that people are better informed and are able to seek out early treatment.”

IJN currently offers a comprehensive range of tests and treatment options under its PAD Services package. This includes physical examinations, such as blood pressure tests and body mass index (BMI) measurements; laboratory and blood sugar tests; and the Ankle Brachial pressure index (ABI) test, a quick and non-invasive method of assessing PAD.

To treat artery blockages due to PAD, IJN offers a minimally invasive procedure called peripheral vascular intervention (PVI). PVI involves guiding a catheter through an opening in the leg, after which necessary tools such as stents can be inserted to treat the disease. IJN was the first hospital in Asia to carry out PVI using a multi-stent delivery system called VascuFlex Multi-LOC.

IJN has also set up a dedicated website to educate the public on PAD, including ways to prevent the disease. To learn more, go to <http://ijn.com.my/ijnpad/>