

## Medical Insight/Dr. Ahmed

Announcer: Welcome to Medical Insight, a weekly healthcare feature brought to you by the experts at Essentia Health. Here is your host, Kim Kaiser.

Kim: When cardiologists need a better look at potential blockages in your heart arteries, they perform a common procedure called an angiogram. Traditionally, doctors insert a catheter into a major artery in the patients' groin, but now, some Essentia Health doctors are able to access a patient's heart through a blood vessel in their wrist instead. Here's Interventional Cardiologist Dr. Mudassar Ahmed with more, in today's Medical Insight.

Dr. Ahmed: In the United States, it's just catching on. But the rest of the world has been doing angiography or heart catheterization using the transradial approach or the wrist approach for a number of years. The advantage of using the transradial approach – the main one – is that it is a lot safer. There is much less bleeding and a much less incidence of vascular complications.

Kim: Along with safety, Dr. Ahmed says...increased patient comfort can be a big benefit of this procedure as well.

Dr. Ahmed: The other advantage from the patients' perspective is that it's a lot more convenient. They don't have to lay flat for many hours afterwards. If it wasn't for the sedation, they would literally be able to walk out of the cath lab after the procedure. As soon as we are done, they are sitting up, they are able to communicate, walk around, use the bathroom, do whatever they need to do.

We know our own patients who have had femoral angiograms in the past and now have radial angiograms, they say they would never go back to having it from the groin, it's just so much better and more convenient from their standpoint.

Kim: The procedure can be used both to diagnose problems and treat them, by using a stent or balloon to open up blockages. Most patients are candidates for the wrist approach, which has been offered here for over a year. For Medical Insight, I'm Kim Kaiser.

Announcer: For more information on this topic, log on to [essentiahealth.org](http://essentiahealth.org).