



Truck driver James Goss loves his job and says he feels like a professional tourist. He has been a truck driver for 42 years.

Vascular Expertise at Your Fingertips



With one in three Americans suffering from cardiovascular disease, making advancements in the medical technology used to diagnose and treat these conditions is critical. To find out more about our multi-disciplinary experts, go to MeridianHealth.com/VascularCare.

On the Road Again

Jersey Shore University Medical Center Emergency vascular surgery gets one man back to work.

Tractor-trailer owner and driver James Goss, 60, recently learned how serious vascular disease can be. The Wall Township resident became easily fatigued; experienced swelling, pain, and numbness in his legs; and felt lightheaded. He made an appointment with **Francis Rienzo, M.D.**, a primary care physician at Jersey Shore University Medical Center. Dr. Rienzo sent James for an ultrasound of his legs and lower abdomen, which revealed that he had deep vein thrombosis (DVT) with multiple blood clots. He was sent to the Emergency Department at Jersey Shore.

Treating Vascular Disease

There, James met vascular surgeon **M. Usman Nasir Khan, M.D.**, part of **Meridian CardioVascular Network**. “It was important to treat the blood clots right away,” Dr. Khan says. “If they aren’t removed, they can damage the valve system in the veins and cause chronic swelling of the legs, tightness of the skin, and ulcerations that are very difficult to treat.”

Vascular disease, or conditions that affect your circulatory system, affects millions of Americans. In addition to DVT, vascular disease includes issues such as peripheral artery disease — blockages of the vessels that carry blood to your brain, organs, and extremities — and aneurysm, a bulge in the wall of a blood vessel. Vascular disease can cause debilitating and life-threatening complications, including pain and swelling of your limbs, infections, heart attack, and stroke.

Advanced Minimally Invasive Techniques

Dr. Khan used a minimally invasive technique called pharmacomechanical thrombectomy to treat the blood clots. First, he used a system called **AngioJet™ Ultra Thrombectomy** to suction out the clots. Then, he placed catheters in both of James’ legs that administered clot-busting medication called tissue plasminogen activator (tPA). He repeated this procedure over three days. “Mr. Goss had one of the most advanced cases of DVT I’ve ever seen,” Dr. Khan says. “But by the third day, his symptoms were completely resolved.” To prevent future blood clots from forming, Dr. Khan advised James to get out of his truck and walk every day.

“Dr. Khan always explained everything he was doing and why he was doing it, which put me at ease,” James says. “How many times can I thank Dr. Khan and the staff at Jersey Shore before it’s too many? I walked in there close to death, but now I’m in better shape than I was before I turned 60.”



M. Usman Nasir Khan, M.D.
Board certified in
General Surgery and
Vascular Surgery
Neptune
1-800-560-9990