

# Caught in the Nick of Time

**Jersey Shore University Medical Center** *New procedure prevents Barnegat resident from having a stroke.*

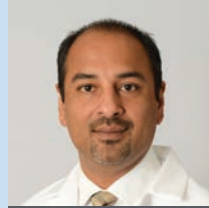
Joseph Cannatelli, a 73-year-old Barnegat resident, loves dancing, exercising and spending time with his wife, Rosemary, and family. When his neighbor scheduled an annual vascular checkup, Joseph decided to follow suit.

In early 2017, Joseph made an appointment at a hospital in southern New Jersey. He had an ultrasound that revealed a 90 percent blockage in the carotid arteries, which are major blood vessels leading to the brain. The blockage was caused by plaque buildup, which greatly increases the risk for a heart attack, heart disease or a major stroke.

His doctors initially suggested an endarterectomy, an incision in the groin to help blood flow more freely. After attempting to access the artery, however, they informed him that the procedure was unsuccessful and that he would need traditional surgery requiring an incision in his neck. Due to scarring in his neck from previous radiation treatment for non-Hodgkin's lymphoma, this procedure would be very risky. "I was not comfortable with this plan," says Joseph. "I felt that moving forward with this procedure was too risky."

## Alternate Surgical Option

Joseph decided to get a second opinion. At the suggestion of his neighbor, he made an appointment in May 2017 with **M. Usman Nasir Khan, M.D.**, section chief of Vascular Surgery at Jersey Shore University Medical Center. During the consultation, Dr. Khan discussed with Joseph an alternate new treatment called TCAR.



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## New Procedure to Prevent Strokes

Transcarotid artery revascularization (TCAR) is the safest way to treat carotid artery disease. The surgeon makes a small incision in the neck and places a flexible cover into the artery.

"This procedure reverses blood flow, pulling it away from the brain, preventing any loose plaque particles from entering the brain and causing a stroke," says Dr. Khan, one of two surgeons in the state to perform this surgery. "The blood is filtered and returned, plaque-free, through a second covering through the femoral vein."

"I felt comfortable with Dr. Khan's treatment plan," says Joseph. "He provided me with the best treatment concept and executed it flawlessly. I had full confidence in his capability."

## An Important Lesson

Joseph now has a new outlook on life. "Blocked arteries don't show any symptoms, so it's important to get them checked annually," he says. "I remind everyone to get screened because the 90 percent blockage in my arteries would not have been detected without the angioscreen." Joseph is back to dancing and walking the boardwalk with his wife and family, living the life he was meant to live. ■

*by Kaylin Harper*

**Joseph Cannatelli and his wife, Rosemary, enjoy crabbing with their grandchildren and watching free summer concerts at the Barnegat Municipal Dock.**

## Expertise You Can Trust



U.S. News & World Report has ranked Jersey Shore University Medical Center the number four hospital in New Jersey and number 11 in the New York metro area. Learn more at [HackensackMeridianHealth.org/USNews](http://HackensackMeridianHealth.org/USNews).

