



# VASCULAR, ENDOVASCULAR, & GENERAL SURGERY

H. Charles-Harris, MD & Associates

*Exceeding Your Expectations!*

*A Surgical Newsletter Joining Physicians in Medicine and Surgery*



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*Diplomate, American Board of Surgery*

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*Questions?  
Referrals?  
Contact Us!*

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Dr. Håkan Charles-Harris has been elected Vice-Chief of Staff at North Shore Medical Center following 3 consecutive terms as Chief of Surgery!

## CAROTID ARTERY STENOSIS

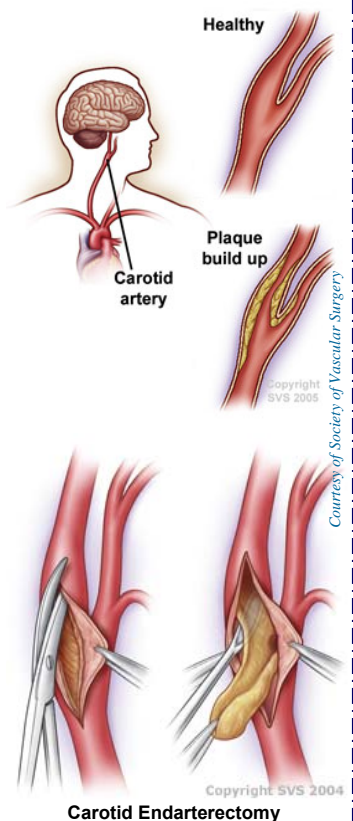
### Carotid Endarterectomy

Carotid Artery Stenosis, or narrowing of the carotid arteries in the neck, is a major risk factor for ischemic stroke. Caused by plaque in the blood vessel, or atherosclerosis, Carotid Artery Stenosis is built up over time when cholesterol, calcium, fat, and fibrous tissue build up in the inner lining of the artery. The carotid arteries are the main blood vessels which bring blood to the brain, so if the plaque breaks off into the artery or there is a narrowing of the vessel, transient ischemic attacks (TIAs) may occur, which are known as mini-strokes. These are warning signs of a possible future stroke.

This may not necessarily cause symptoms, but stenosis can be detected through doppler ultrasound of the carotid arteries. Depending on the degree of the stenosis and the patient's overall condition, there are various treatment options. If the artery is more than 60-70% stenosed, surgery is usually recommended. Carotid Endarterectomy removes the plaque which causes the narrowing of the artery. For those with narrowing of 50% or less, often anti-clotting medication is prescribed to reduce the risk of stroke such as antiplatelet agents.

Our practice performs carotid endarterectomies for those patients who fit the recommended criteria. The procedure is performed in the hospital setting, but patients often only stay overnight and return home the following day. **Dr. Håkan Charles-Harris, specializing in vascular procedures, has had excellent results and patients have been very satisfied with the outcome of the surgery.**

Dr. Charles-Harris recommends his patients to follow a healthy approach for optimum outcome after the procedure. Eating foods low in saturated fat and cholesterol, exercising regularly—especially aerobic activities, maintaining an ideal body weight and avoiding smoking, all help to reduce the risk of recurrence.



## AV-FISTULA: THE GOLD STANDARD

Arterio-venous (AV) Fistulas remain the Gold Standard in vascular access for patients on dialysis. The National Kidney Foundation and Centers for Medicare and Medicaid Services and other organizations and experts generally agree that fistulas are the best type of vascular access. Low complication rates and reports of clotting and infection all contribute to the fistula's reputation as the "gold standard" of vascular access. Dr. Charles-Harris is well-known for his excellent results in creating AV Fistulas, whose "thrill" sound is strong often just after surgery. His patients have dependable fistulas often for years and the immediate need for thrombectomy or repair is extremely low!

## UTERINE ARTERY EMBOLIZATION Minimally Invasive Treatment of Fibroids

### Florida's Only General & Vascular Surgeon to Perform UAE

Dr. Charles-Harris performs Uterine Artery Embolization as a part of his large scope of endovascular procedures. His broad training and expertise in general surgery, vascular surgery, and endovascular surgery has provided him with the keen skills to perform these procedures with more in-depth understanding of the anatomy. In fact, Dr. Charles-Harris is the only general & vascular surgeon in Florida performing these procedures!

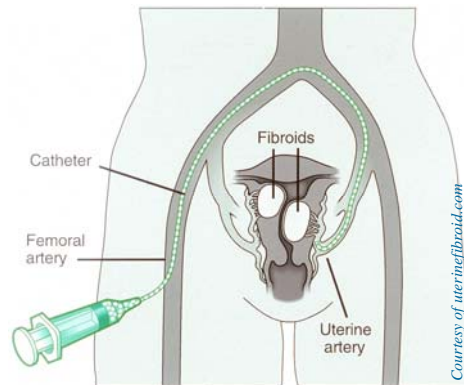
#### What is UAE?

Uterine Artery Embolization (UAE), also known as Uterine Fibroid Embolization (UFE), is a relatively new approach to fibroid intervention that cuts off (embolizes) the blood supply to fibroids causing them to degenerate and shrink. During the procedure, the patient only requires conscious sedation and local anesthesia, while a micro-catheter is inserted into the femoral artery near the groin. Dye is injected through the catheter to guide the surgeon with the help of an X-ray machine, to the uterine artery. There, tiny polyvinyl particles are released and guided by the flow of blood to lodge next to the fibroids. The positioning of the particles next to the fibroids slows the flow of blood to the uterus and blocks the fibroids' blood supply, causing them to shrink.

#### Alternative to Hysterectomy

Many women are treated with hysterectomies, but this is often not necessary especially in otherwise young and healthy women. Studies show that 30-40% of all hysterectomies in the US are for the treatment of fibroids.

Because UAE is minimally-invasive, women appreciate the benefits of the outpatient procedure, faster recovery time, and lack of need for big abdominal surgery. This also means little or no scarring! Dr. Charles-Harris' patients often happily report during their follow up visit to the office decreased pelvic pain and more comfortable menstrual cycles.



#### Statistics

- African-American women in the United States are 3-5 times more likely to have Fibroids than other racial groups.
- African-American women undergo hysterectomies for fibroids at three times the rate of Caucasian women. **THIS CAN OFTEN BE AVOIDED BY UAE!**
- 90% of women report decreased bleeding and pelvic pain following UAE

#### Continuous Care

Women often tell us that they prefer having this procedure performed by Dr. Charles-Harris because they receive continued care by a surgeon and his entire team before, during and after the procedure. The relationship that they establish is extended to them, their family, and their referring physician.

## SURGERIES PERFORMED

#### Breast Surgery

- Ultrasound-Guided Breast Biopsy
- Stereotactic Breast Biopsy
- Breast Cancer Disorders

#### Endovascular Procedures

- Aortogram with Peripheral Angiograms
- Peripheral & Visceral Arterial Stenting
- Aneurysm Repair & Excision
- Abdominal Aortic Aneurysm
- Uterine Artery Embolization

#### Vascular Surgery

- Carotid Stenosis
- Vena Cava Filter
- Permanent Dialysis Access: AV-Fistula & AV-Graft
- Various Vascular Access: Catheters & Infusion Ports

#### Thyroid Surgery

- Goiters & Thyroid Disorders

#### General & Colorectal Surgery

- Stomach Cancer & Disorders
- Colorectal Cancer & Disorders: Laparoscopic Colon Resection
- Gallstones & Cholecystitis: Laparoscopic Gallbladder Surgery
- Biliary Cancer & Disorders
- Pancreatic Cancer & Disorders
- Hernia Repairs: Laparoscopic & Open
- Circumcision
- Hemorrhoids
- Anal Fissures & Fistulas

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