

The Vein Institute of New Jersey Newsletter

In This Issue

[Five Most Important Things Baby Boomers can do to Maintain Good Vascular Health](#)



News Flash

We've finished our remodeling project to serve you better.

Come see Us!

Harry Agis, M.D., F.A.C.S

Mark W. Moritz, M.D., F.A.C.S

Michael Ombrellino, M.D., F.A.C.S

Refer a Family Member or Friend Rewards Program

The majority of our patients are referred directly to our office by friends and family like you. We thank you for choosing the Vein Institute of New Jersey for all of your vascular needs.
From December 1, 2008

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Dear Kevin,

Seasons Greetings from the doctors and staff of the Vein Institute of New Jersey. We want you wish you and your family a joyous holiday season!

HEALTHWATCH

Five Most Important Things Baby Boomers can do to Maintain Good Vascular Health

Morristown- Baby boomers need to understand how to maintain a healthy vascular system as they become seniors. By 2015, the U.S. Census reports an expected 87 million people aged 55 and older, up from 67 million in 2005. Since vascular disease primarily affects seniors; the number of cases of vascular disease are expected to rise dramatically. "The vascular system is made up of arteries and veins that carry oxygen-rich blood throughout the body to vital organs, the brain, and legs. As we age, our arteries tend to thicken with a build-up of plaque and cholesterol, get stiffer, and more narrow," said Dr. Mark Moritz, one of three Vascular Specialists at the Vein Institute of New Jersey. "When blood flow is restricted, vascular diseases like carotid artery disease can lead to stroke; peripheral arterial disease can lead to problems walking and in the most advanced cases, foot ulcers, gangrene and possible amputation; and abdominal aortic aneurysm can result in death if not treated early. The Vein Institute of New Jersey asks people approaching senior status to take care of their vascular health."

Dr. Harry Agis, another vascular specialist at the Vein Institute says there are five important things people can do to take care of their vascular health:

1. Stop smoking
2. Eat a healthy, low fat diet
3. Maintain good cholesterol levels

your vascular needs. From December 1, 2008 through January 31st 2009, we will be offering all of our current patients a \$100.00 gift certificate to be personally used towards a Sclerotherapy or Laser session for each patient you will accompany to the office.

Just let us know when you will arrive at the office!

Support Stockings

Did you know that the manufacturers of support hosiery recommend replacing your support stockings every 6 months?

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4. Take care of their blood pressure to keep it in a normal range
5. Exercise regularly - even a moderate walking program can be effective

"These practices are not new, but with so many people reaching senior status, it is important to remind them about the positive impact they can have on their vascular health. Maintaining good vascular health is a matter of life and limb," said Dr. Moritz.

People aged 55 and older should talk with their primary care physician about their vascular health. Painless, noninvasive tests can determine if there are blockages in a patient's neck or leg arteries or if there is aneurysm formation in the aorta. If there is an indication of a blockage, patients should seek treatment immediately. Vascular disease can be controlled if diagnosed and treated early. Vascular surgeons are the experts who treat these diseases with lifestyle changes, medical management, minimally invasive endovascular angioplasty and stent procedures, and open bypass surgery.

Since 1986, the Board Certified Vascular Specialists of the Vein Institute of New Jersey have provided exceptional care to our local communities. With offices located in Morristown, Princeton and Sparta, we are able to conveniently help patients over a large geographical area. Patients and doctors from all over the world come to the Vein Institute for treatment and training. The Institute's state of the art facilities and use of the very latest technologies make the Vein Institute of New Jersey one of the top treatment locations of its type in the world.

To learn more about vascular health and diseases, visit www.veininstitutenj.com or call 1-800-954-8346.

Happy Holidays!

from

The Doctors and Staff at

The Vein Institute of New Jersey