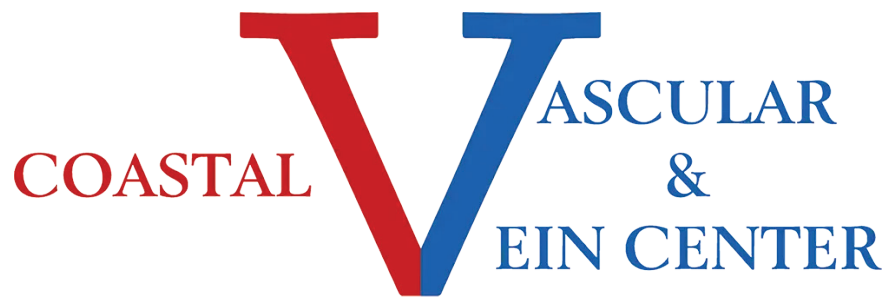


COASTAL ASCULAR & EIN CENTER



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MEET OUR DOCTORS



ADAM J. KEEFER, M.D.

Adam J. Keefer, M.D., was born and raised in Rochester, New York. Dr. Keefer attended Pennsylvania State University, where he graduated summa cum laude. He went to medical school at the University of Rochester Medical School in New York. Dr. Keefer completed his general surgery residency and vascular surgery fellowship at the University of Rochester Medical School as well. He is board-certified by the American Board of Surgery in Vascular Surgery and is certified to read diagnostic vascular studies by the National Organization of Diagnostic Ultrasound (ARDMS). Dr. Keefer is published and recognized for his research in numerous publications including *The Journal of Vascular Surgery*.

Dr. Hislop is originally from Gaithersburg, Maryland — which is about 25 minutes north of Washington, D.C. He attended college at Virginia Tech followed by medical school at the University of Rochester in Rochester, New York on an Air Force scholarship. Dr. Hislop then completed his general surgery residency and vascular surgery fellowship in Rochester. Later, he joined the Air Force in San Antonio where he spent the next four years, including a deployment to Afghanistan in a position as the chief of blood loss trauma for Operation Enduring Freedom. Blood loss trauma is what drew Dr. Hislop to vascular surgery because he wanted to do something that he knew would help our troops the most. Upon completion of his military commitment in 2016, he moved to Charleston. Dr. Hislop now specializes in complex aortic, venous and peripheral arterial disease. Outside of the office, he enjoys spending time with his wife and two children. He also enjoys being outside and taking in all that the Charleston area has to offer.



SEAN J. HISLOP, M.D.



SEAN J. ENGLISH, MD

Dr. English is a native of Baton Rouge, LA. He earned a bachelor's degree in physics from the College of Wooster, and he went on to earn his medical degree from the University of Pennsylvania School of Medicine. He completed his General Surgery residency at the University of Michigan Health System, and he then went on to complete his Vascular Surgery fellowship at the Massachusetts General Hospital, a Harvard Medical School teaching hospital. Dr. English is board certified by the American Board of Surgery, and he is a Registered Physician in Vascular Interpretation.



KRISTIAN O. HOCHBERG, M.D.

Dr. Hochberg is originally from Carroll County, Maryland, which is part of the Baltimore metropolitan area. He attended the University of Maryland for his undergraduate studies. He later completed his general surgery residency at the University of Rochester in 2007. He subsequently completed his fellowship in vascular surgery through the University of Maryland in 2009. He is board-certified in vascular surgery. He is an avid golfer and enjoys trying new foods.



RANDALL W. FRANZ, M.D.

Randall W. Franz, MD is a dual board-certified and fellowship-trained vascular surgeon. For sixteen years, he served as the Chief and Medical Director of Vascular and Endovascular Surgery at OhioHealth- Grant Medical Center in Columbus, Ohio. In 2020, he was recruited to become the System Chief and Medical Director of Vascular and Endovascular Surgery of the five adult hospitals of Methodist LeBonheur Healthcare in Memphis, Tennessee.



GERALD R. FORUNA, JR M.D.

Dr. Gerald Richard Fortuna, Jr., is a native of South Carolina. His early childhood was spent growing up in Surfside Beach while his father was stationed at Myrtle Beach Air Force Base. He currently resides in Surfside with his wife and family. Dr. Fortuna is a vascular surgeon, and a retired decorated military officer committed to medical excellence and service. With a career spanning over two decades, Dr. Fortuna is an established leader in both fields.

Coastal Vascular & Vein Center features board-certified vascular surgeons and varicose vein experts. Our state-of-the-art facilities allow us to diagnose and treat a variety of vascular diseases as well as varicose veins. Featuring the latest technology and a highly trained staff, our endovascular center, vascular labs, and varicose vein treatment rooms are able to provide excellent vascular and varicose vein treatment.



DETOUR IN THE LOWCOUNTRY: NEW PROCEDURE BYPASSES OPEN SURGERY

By Anne Toole

A healthy pair of legs provides a strong foundation to aid in the vitality of the rest of the body. Poor circulation in the legs, however, is known to destabilize that support system, often paving the way for a host of other health issues ranging from muscle pain to infections and coronary artery disease. While there are routine treatment options, they are not always successful or ideal for every medical situation.

Luckily, a highly technical, paradigm-shifting procedure that can provide a less invasive alternate method of treatment has recently become available in the Lowcountry. The DETOUR™ system marks a big step in advanced care for people experiencing poor circulation in their legs and is making it easier for them

to get back on their feet to improve their overall health.

Adam Keefer, M.D., a vascular surgeon, has been treating patients at Coastal Vascular & Vein Center for almost 15 years. Along with his associate providers, the team at CVVC treats patients with a wide variety of arterial and vein issues – a common one being poor circulation in the legs, known as peripheral artery disease, in which blood

vessels become narrowed or blocked with plaque. “We see this often in patients with diabetes, ulcers and sores, smokers and patients with blockages in their arteries,” Dr. Keefer said. The blockages and lack of blood flow lead to a host of health issues like wounds that do not heal or even the loss of the ability to walk.

The first line of treatment for patients with PAD is endovascular therapy, which is routinely performed nationwide. The procedure involves inserting a balloon into the affected artery and essentially using the balloon to press the plaque or blockage against the vessel wall to improve blood flow. A stent may be used to help support the opened vessel. It’s a trusted fix for many of Dr. Keefer’s patients.

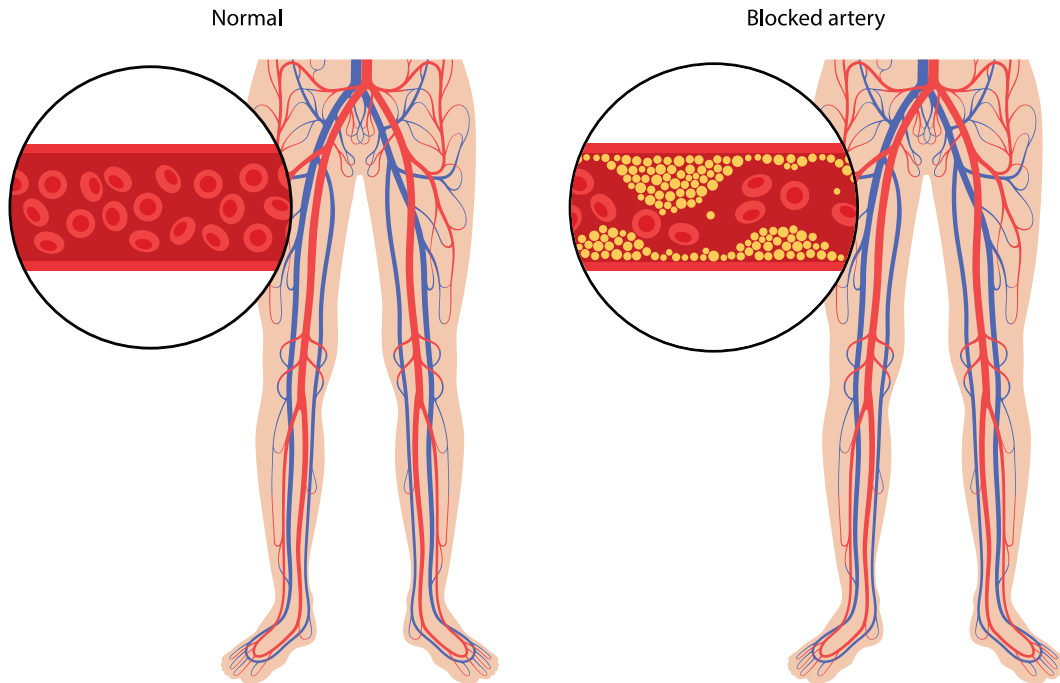
“But endovascular therapy doesn’t work for everyone,” Dr. Keefer continued. “There’s a large subset of patients who need another option; due to their anatomy or the failure of previous balloons or stents or other complex factors – it’s not always an option.” Dr. Keefer explained that in these cases, open surgery is usually the next step. “Patients get put to sleep, incisions are made, they spend four or five days in the hospital,” he said. “Plastic tubes are put into the legs; there’s a risk for infection. That’s been the algorithm for the last 50 years.”

That second option – expensive and with some risks – is not ideal for many, and, for that reason, Dr. Keefer and three other CVVC doctors jumped at the chance to become specially trained in the DETOUR™ system, which was approved by the



Dr. Adam Keefer.

PERIPHERAL ARTERY DISEASE



Food and Drug Administration last year. As the first fully percutaneous bypass therapy, its advanced technology offers a much easier, less invasive option for those patients.


"We are the only four doctors qualified to perform this procedure in the state, aside from one doctor in the Greenville area. This is a great benefit we can offer our patients that no one else in the area can provide," Dr. Keefer smiled. He performed the first DETOUR™ system procedure in the Lowcountry this summer, and qualified patients have been lining up for treatment ever since.

"Endovascular therapy remains the first method of treatment for PAD, but the DETOUR™ system is a game changer for those who would otherwise have to opt for open surgery," Dr. Keefer explained.

The procedure involves bypassing the arterial blockage using fluoroscopic guidance; the patient's existing veins are used as tubes in a highly-skilled method that eliminates the need for open surgery and a lengthy hospital stay.

"We're able to do this through just a needle poke and the aid of some wires and stents; we leave the artery, go into the vein, travel down the vein around the blockage and then come back into the artery around the knee without obstructing blood flow," Dr. Keefer said. "We monitor the patient for the next few hours, and then encourage them to be active. They are able to walk out and get back to their usual routine with minimal disruption to their lives, unlike the open surgery option."

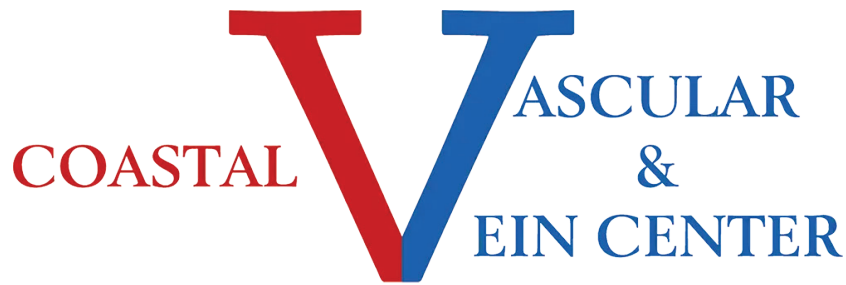
The DETOUR™ system is becoming more common in large cities such as Chicago, Los Angeles and New York but has not filtered out to many smaller medical markets yet. "It's a very technical process, so at this point there are just a few specialists with the skill subset to do the procedure," he explained. Dr. Keefer and his teammates at CVVC who were trained in and are qualified to perform the percutaneous bypasses have helped propel the Charleston area to be one of the few in the Southeast where the treatment is available.

For those who have PAD or problems with blood flow in the legs, contact Coastal Vascular & Vein Center at coastalvvc.com. No referral is needed, and a provider can help determine what the best course is for therapy or treatment to find relief and improve overall health. 

Saving Limbs. **Saving Lives.**

At CVVC, our vascular specialists are free to listen more, collaborate more and take on new technologies that others do not have the time or access to provide. We turn to minimally-invasive vascular procedures first. If needed, our experts can also navigate complex surgeries to ensure that you can live your best life.

Saving Limbs. Saving Lives.



CVVC AMBULATORY SURGERY CENTER NEXTON — WHEN TO SEE A SPECIALIST

By Anne Toole

When it comes to your health, it's only human to want the best: the best doctor, the best treatment, the best patient experience and the best outcome. Ambulatory surgery centers such as Coastal Vascular & Vein Center's in Nexton offer skillful procedures by doctors who are experts in their field and utilize highly specialized medical equipment specific to their needs, essentially providing the best treatments for their patients. The safety standards, convenience and technical expertise eliminate the need for a lengthy hospital stay in many cases, giving patients a better experience getting back on their feet.

"Our core value and mission statement at Coastal Vascular & Vein Center is, 'Preventing loss of life and limb while maintaining independence,'" said Sean Hislop, MD, a vascular surgeon with the practice.



Sean Hislop, MD

"That's why we built the surgical center." He elaborated that patients tend to do better recuperating in their homes – in their own beds, eating their own food and healing with their family, contrary to a hospital setting where the environment is unfamiliar, and visiting hours are set.

"Ninety percent of cases we see can be done in the office. Only a few are mandated to be done in a hospital. We use the same anesthesiologist groups, and veins and arteries are the only types of procedures we do. We know the specialized equipment we need, and we invest in it. You have the highest level of expertise, technology and care in a more comfortable environment," he continued. "We want the best for our patients, and we believe providing them with highly-skilled experts and the most advanced technology yields the best outcome."

CVVC's ambulatory surgery center recently earned a prestigious QUAD A national accreditation for its rigorous safety standards, which only further highlights the practice's commitment to its patients.

With safety and skill at the forefront, the ease of undergoing procedures at CVVC's ambulatory center in Nexton provides a refreshing outlook for its patients. "Especially with a large number of patients who are in the older or more vulnerable populations, it can be intimidating undergoing the same procedure at a hospital," Dr. Hislop said. Rather than having to arrive hours early to account for parking, navigate your way through a maze of hospital buildings, check in and have loved ones wait in a faraway wing, CVVC makes things easy.

"We greet our patients at the car, usually a half hour before the procedure. You get to meet the whole team right there, and your loved ones can be in the prep room with you. When



you're in surgery, they wait in a comfortable waiting room just feet away from the surgery room," he said.

Post-surgery, Dr. Hislop explained, a downward spiral can result from an extended recovery process. "In the hospital, it's common for an outpatient procedure to have to be admitted overnight, or for a few nights, for a variety of reasons. After being bed-bound for a while, especially at an older age, the loss of movement and independence can result in the need for more healing at a rehabilitation or nursing facility."

As an ambulatory surgery center, CVVC's goal is to send patients home the same day so they can be with the people they love and resume their regular activities as soon as possible, which helps them maintain their independence.

A few treatments must be completed in a hospital setting, however. Dr. Hislop explained that early treatment and intervention can significantly lessen the complexity of vein and artery procedures and that most of those treatments can be completed in an ambulatory surgery center. But how do you know when it's time to seek help from a specialist?


Often, the signs of a problem with arteries and veins show up first in the legs, particularly in the form of wounds that won't heal. This is one of the biggest red flags of atherosclerosis, which can lead to major health issues such as limb loss and heart failure.

Atherosclerosis – plaque built up on your artery walls – is especially common for smokers, diabetics and those with high blood pressure or high cholesterol. The arteries first begin to harden in the toes; however, pain is often not detected until the hardening progresses into the legs. This can be coupled with other notable issues such as dry, flaky skin on the foot, which is a sign that blood is not flowing to the tissues, or muscle pain in the legs.

Alternately, vein issues in the legs can also begin to show as wounds. Dr. Hislop likened the vein system to a plumbing system with a pressure issue. "Gravity brings the blood flow

down to your legs. The veins are supposed to bring blood back to the heart, but, when the valves eventually break or wear out, the blood backs up." This is why patients may feel fine when lying down but experience pressure-related problems when standing. "Swelling, aching, heaviness, itchiness, pain, big varicose veins – they're all signs of pressure that shouldn't be there," he said.

The doctors at CVVC also see and treat cosmetic vascular and vein issues with sclerotherapy or laser therapy. These low-risk solutions take just minutes and can be done in-office.

"Early diagnosis and treatment is ideal," Dr. Hislop stressed. "If you are experiencing any of these issues, come see us. The value of being able to undergo procedures in our offices or ambulatory surgery center – before a problem worsens to a level that is mandated for a hospital – is significant. You have doctors who specialize only in arteries and veins using the most advanced technology available in an environment that has received national accreditation for its safety, as well as the ability to recuperate in your own home and surrounded by people you love – ultimately improving your chances for better health and maintaining independence." 

Saving Limbs. Saving Lives.

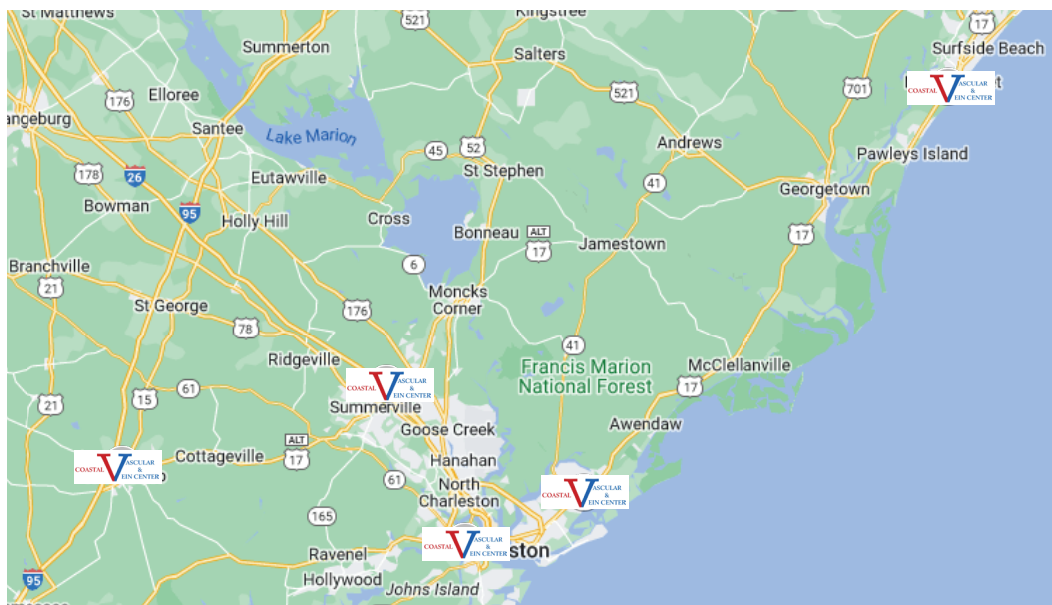
At CVVC, our vascular specialists are free to listen more, collaborate more and take on new technologies that others do not have the time or access to provide. We turn to minimally-invasive vascular procedures first. If needed, our experts can also navigate complex surgeries to ensure that you can live your best life.

What sets CVVC apart from the rest is our dedication to treating advanced arterial and venous disease while doing absolutely everything possible to keep patients in their own home throughout the process.

We have kind and compassionate staff who share the CVVC vision and core values, and we strive to do everything possible to give the highest level of care to the community.



L-R: Dr. Sean English, Dr. Adam Keefer, Dr. Randall Franz, Dr. Gerald Fortuna, Dr. Kristian Hochberg, Dr. Sean Hislop



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