



Heart, Arteries and Veins

Trained as both an interventional and transplant cardiologist at Baylor College of Medicine, Dr. Walid Alami is an interventional cardiologist first, but nearly half his practice is dedicated to the diagnosis and treatment of peripheral arterial disease (PAD) and varicose veins.

Between 8 and 12 million Americans have PAD, a potentially life threatening condition where fatty plaque builds up on the inside walls of the blood vessels that carry blood from the heart to the legs and arms. This build up causes the arteries to harden and narrow (atherosclerosis) and blood flow to the legs will be reduced.

People with PAD may also have atherosclerosis involving the heart, brain, and kidneys and have an increased risk of heart attack, stroke, kidney failure and uncontrolled high blood pressure. A diagnosis of PAD may provide an early warning sign of vascular disease throughout the body. If you are a PAD patient you carry a 7 times greater risk of sustaining a heart attack or stroke than the rest of the population.

Adults over the age of 50, men or women have diabetes or hypertension and smokers are greater risk for developing PAD. Unrecognized or untreated PAD can lead to leg amputations. Each year more than 160,000 lower limb amputations are performed. Sadly, 50% of patients who have leg amputations have never seen a vascular specialist.

The most common symptoms of PAD include:

- Leg pain that occurs when walking or exercising and disappears when the person stops the activity.
- Leg muscle fatigue, cramping, coldness in lower legs and feet, or numbness.
- Foot or toe pain at rest that often disrupts sleep.
- Wounds on the lower legs, feet or toes that are slow to heal.

In severe cases of PAD, called critical limb ischemia, the lack of blood flow to the limb can lead to ulcers that don't heal. Left untreated these wounds can lead to gangrene and amputation.

At Heart Arteries and Veins they expertly diagnose and treat PAD. Their endovascular procedures are minimally invasive and do not require a hospital overnight stay. They use the latest techniques of balloon angioplasty, stenting and debulking devices such as rotorooters and lasers

Dr. Alami's highly trained clinical staff assists him with in-office diagnostic testing. Craig Ridenhour, a registered diagnostic cardiac sonographer and registered vascular technologist, helps Dr. Alami better understand the nature of a patient's cardiovascular or peripheral disease by performing in-office sonography. Craig was specially selected by Dr. Alami based

on his outstanding skill in sonography. He received his preceptorship in ultrasound at the Arizona Heart Institute, and an Associate of Applied Science from Phoenix College.

Why He's Our Pick: Dr. Alami's priority is to provide the highest quality cardiovascular and vein care for all his patients. His practice works hard to make sure every patient understands the nature of their condition and all aspects of their treatment. During his tenure with the Arizona Heart Institute and Hospital, he was Director of the Cardiac Catheterization Laboratories, Chairman of the Medicine Department, and Director of the Heart Failure Clinic. Dr. Alami was the first in North America to use the Diamondback Orbital Atherectomy system to clear a blocked artery saving a patient's hand that would otherwise have been amputated.

You can watch videos about heart disease, PAD and varicose veins and read thank you notes from his patients online at www.alamimd.com.

Dr. Alami has been practicing in Arizona since 1996. He sees patients at his offices in Scottsdale and Wickenburg and he is also accepting patients at his new Fountain Hills office that are referred by their doctor.

Walid Alami MD, FACC, FSCAI

St. Vincent's Heart Institute, Portland, OR (Fellowship) Cardiovascular Interventions
Baylor College of Medicine, Houston, TX (Fellowship) Heart failure and Transplantation
Baylor College of Medicine, Houston, TX (Fellowship) Cardiology
Baylor College of Medicine, Houston, TX (Residency) Internal Medicine
University of Oklahoma School of Medicine, Oklahoma City, OK (M.D.)

Board Certifications

National Board of Medical Examiners
American Board of Internal Medicine
American Board of Subspecialty of Cardiovascular Diseases and Interventional Cardiology.

Hospitals

Scottsdale Healthcare Osborn
Scottsdale Healthcare Shea
Scottsdale Healthcare Thompson Peak
Arizona Heart Hospital
Wickenburg Community Hospital



What is an Interventional Cardiologist?

Interventional cardiology is a medical specialty that deals with catheter-based treatments of structural heart diseases. Interventional cardiologists use catheters – thin, flexible tubes – to get inside blood vessels for diagnostic tests or to repair damaged vessels or other heart structures, often avoiding the need for surgery. Many interventional cardiologists use their skills and techniques to treat conditions in other parts of the body like the legs and kidneys.