



Getting a Leg Up on Varicose Veins

VIVA offers minimally invasive treatments to achieve healthy legs

Unhappy with the look of your legs? Spring is a prime season to treat your varicose and spider veins. Treatment today will give your legs time to heal before the hot months return and shorts and bathing suits are back in vogue.

“Many people think varicose and spider veins are just a normal part of getting older—and they need to be endured,” said Nurse Practitioner Jennifer Dawson, director of Virginia Interventional & Vascular Associates (VIVA) in Fredericksburg. “But that’s not true, they can be fixed.”

Not only cosmetic, but medical

Spider veins and varicose veins are not only a cosmetic issue but also a medical one, she noted. “Leg pain can bring discomfort, limit activities, and have an adverse impact on sleep. No one needs to suffer with these ailments.”

Many patients with leg pain have a condition called “chronic venous insufficiency,” in which blood pools in the leg and results in chronic swelling, pressure, leg ulcers, varicose veins and discoloration.

“People tend to ignore leg pain, but they shouldn’t,” said Dr. R. Donald Doherty, Jr., Interventional Radiologist and medical director of VIVA. “Leg pain is not normal.”

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‘A Picture Is Worth a Thousand Words’ Heart Scans Help Patients See Their Risk

Heart disease is the number one killer in the nation. Every year in the U.S., 735,000 people suffer a heart attack. Of that number, 50 percent were asymptomatic and did not know they had heart disease. A Heart Scan is a valuable test for helping patients to understand their personal risk of a heart attack before symptoms occur. Based on the results, they can take preventive or corrective action, such as medication, lifestyle changes, or further medical intervention.

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Heart scan at top reveals patient is at high risk, vs. the normal scan at bottom

RAF Welcomes Two New Physicians to the Community



**Dr. Chris Meyer,
RAF President**

Radiologic Associates of Fredericksburg (RAF) welcomes two new Radiologists to the practice: Dr. Devin Vaswani and Dr. Rekha Kishore.

“Dr. Vaswani and Dr. Kishore

are highly skilled physicians and are valuable additions to the practice. RAF recognizes that the needs of our patients and referring clinicians in the Fredericksburg region are growing and changing, and we are committed to providing the highest level of medical care to our community by ensuring that our staffing levels meet those needs,” said Dr. Chris Meyer, RAF president.

The new physicians are board-certified in diagnostic radiology. They are serving patients at Medical Imaging of Fredericksburg locations as well as Mary Washington Hospital and Stafford Hospital.

Dr. Vaswani graduated from Georgetown University School of Medicine and completed his residency in diagnostic radiology at the Mallinckrodt Institute of Radiology in St. Louis, MO, before moving on to his fellowship in musculoskeletal imaging and intervention at New York University Langone Medical Center. He was with a radiology practice in Flushing, NY, before joining RAF. Dr. Vaswani’s subspecialties are musculoskeletal and cardiac imaging.

Dr. Kishore graduated from Virginia Commonwealth University (VCU) School of Medicine and completed her residency in diagnostic radiology and fellowship in abdominal imaging at VCU. She also completed a fellowship in nuclear medicine at the University of Pennsylvania. She was previously with the VCU Department of Radiology and most recently was a radiologist in Hastings, New Zealand, before joining RAF. Dr. Kishore’s subspecialties are nuclear medicine and abdominal imaging. ■

Radiologist Spotlight: R. Donald Doherty, Jr., MD

What do uterine fibroids, varicose veins, compression fractures, and liver tumors have in common?

You might not think much. However, these are all examples of the drastically differing medical problems that fall under the umbrella of Interventional Radiology for treatment. Interventional Radiology, which is constantly evolving due to new advancements in methods and technologies, is what initially drew Dr. R. Donald Doherty, Jr. to the field and what has kept him engaged for over 17 years.

As an Interventional Radiologist with Radiologic Associates of Fredericksburg and as medical director of Virginia Interventional & Vascular Associates (VIVA), he is “always figuring something out. There is always a mystery. Through pictures we can figure out the disease process, and then we can treat it.”

Growing up in a military family with a father who was an oral surgeon in the Army, he traveled extensively, but ultimately finished high school in Northern Virginia. He stayed in Virginia, graduating from The College of William and Mary in 1997. As a chemistry major, he knew he liked solving problems and experimenting and decided to continue this pursuit of problem solving through medicine.

While attending Virginia Commonwealth University School of Medicine and rotating through the different departments as part of his training, he kept being drawn back to the field of radiology. Incorporating the use of computers for guided ultrasound and advancements in imaging kept the field challenging and interesting. After graduation, Dr. Doherty remained in Richmond at Virginia Commonwealth University to complete a surgical internship and radiology residency.

During those years in Richmond, Dr. Doherty married his wife, whom he met in college, and they had their son. They moved to Charlottesville for Dr. Doherty to complete a fellowship specializing in Angiography and Interventional Radiology at the University of Virginia School of Medicine. After training in Richmond and Charlottesville, the Dohertys knew they



wanted to stay in Virginia, so Dr. Doherty put down solid roots here, and has practiced in Fredericksburg for 17 years.

As the medical director of VIVA, there is no typical day. Interventional Radiologists are minimally invasive surgeons as well as diagnosticians. Though he is mainly clinic-based, he also does work within Mary Washington Hospital and Stafford Hospital. On any given day he can be found either conducting surgery or diagnosing conditions through medical imaging, across many different medical specialties. “It keeps us on our toes,” he said about the daily work of Interventional Radiologists. “We could see varicose veins, uterine fibroids, and we can aid in cancer diagnosis and perform cancer treatments all in the same day.”

In his free time, Dr. Doherty enjoys traveling and perfecting his grilling and smoking techniques on his Big Green Egg. His daughter, 16, is interested in the medical field and his son, 19, is taking a gap year before starting college. This has led to Dr. Doherty picking up a new hobby during the pandemic, which he is sharing with his son – fly fishing. He never knew the complexities and skill required to fly fish. From the weight of the line to the fly selected, fly fishing involves tweaking techniques, reading the situation, and problem-solving, all in hopes of catching the oftentimes craftier fish.

After taking up fly fishing, Dr. Doherty was not surprised to find that there are many Interventional Radiologists who are also fly fishermen, finding that the same problem-solving skills apply to both pursuits. ■

Dr. Doherty has earned triple board certification. He is board certified by the American Board of Radiology in both Diagnostic and Interventional Radiology. After extensive coursework and exams, he also received board certification in aesthetic medicine through the American Academy of Aesthetic Medicine in 2019.

Minimally invasive treatments

Dr. Doherty and his fellow Interventional Radiologists and Vascular Surgeons at VIVA use medical imaging technology to diagnose the cause of the pain and guide minimally invasive treatments to where they are needed.

For spider veins, for example, the practice's cosmetic center - Cosmetic Center by VIVA (CCV) - offers a leading-edge procedure that is entirely external. Traditionally, spider veins are corrected with a medication injection, which is still a great option, but with the external laser, CCV medical doctors can treat patients without puncturing the body.

Varicose veins, the most common venous condition treated at VIVA, are typically addressed through a minimally invasive procedure called radiofrequency ablation. Interventional Radiologists and Vascular Surgeons use radiofrequency ablation to cauterize and close the abnormal veins that lead to varicose veins. The procedure lasts less than an hour and has a success rate of up to 98 percent. It provides rapid relief from varicose veins and leaves minimal to no scarring. Patients can return to normal activity sooner than with other procedures.

VIVA physicians also treat blood clots, peripheral artery disease, venous insufficiency and reflux, deep vein thrombosis, and superficial venous thrombosis along with rarer conditions like May-Thurner Syndrome and Nutcracker Syndrome.

A vascular ultrasound lab is onsite to help physicians pinpoint the diagnosis and recommend the best treatment options. In addition to focusing on vein conditions, VIVA offers outpatient services to diagnose and treat diseases affecting nearly every major organ system.

Provider of choice

VIVA has been a provider of choice for leg pain and vein conditions since opening in 2007 and in the years since, has continued to expand. In 2012, it grew out of its original location and moved to its current location, 10401 Spotsylvania Ave #203. In 2017, the practice opened an additional office in Stafford County at 125 Hospital Center Blvd., Suite 315. The cosmetic center, CCV, is co-located with the practice. With 19 providers working from the Fredericksburg office, finding minimally invasive options for leg issues, or other outpatient procedures, is easy.

“In addition to focusing on vein conditions, VIVA offers outpatient services to diagnose and treat diseases affecting nearly every major organ system.”



As a multi-specialty practice, VIVA can provide comprehensive vascular care along with a full complement of Interventional Radiology services. This care meets the rigorous standards established by accreditation organizations, including Accreditation Association for Ambulatory Healthcare and the Intersocietal Accreditation Commission.

“Our abiding goal is to exceed the industry standard—and to go above and beyond in providing patient services,” Dr. Doherty said. “This level of excellence extends also to our referring clinicians. We strive to answer their calls and return secure electronic communications quickly so their patients can receive the most expedient, highest-quality care.” ■

Heart Scans Help Patients See Their Risk continued from page 1

Also known as coronary artery calcium scoring, this non-invasive computed tomography (CT) scan of the heart calculates the risk of developing coronary artery disease. It measures the amount of calcified plaque in the coronary arteries that can build up and narrow or close the coronary arteries. According to Dr. Neil Green, a Board-Certified, Fellowship-Trained cardiac radiologist with Radiologic Associates of Fredericksburg, up to 10 patients a day are receiving a Heart Scan at Medical Imaging of Fredericksburg.

“The Heart Scan is affordable (regular price: \$149), painless, and fast, typically taking just five minutes,” Dr. Green said. “The calcium score it yields has been shown to be the most predictive of a heart attack and death – more than cholesterol, blood pressure, or blood sugar readings. It’s the best tool available for determining risk.”

“A picture is worth a thousand words, and knowledge is power,” Dr. Green noted. “Too many people don’t know they’re at risk, and you can’t take action when you don’t know. When we show a patient the results of their scan, with areas of plaque lit up, it’s a convincing picture.”

“We prefer that a patient be referred by a physician who can follow up with further guidance,” he added. “But we know that’s not an option for everyone, so we allow patients to come directly to us for the Heart Scan. We’re one of the few facilities in the country to do so. It’s in keeping with our abiding goal: to improve the care of our community.”

To discuss scheduling a scan, please call Medical Imaging of Fredericksburg at 540-741-9729 to talk with the Screening Coordinator. Referring physicians can call the RAF Physician Concierge to discuss further with a radiologist at 1-855-723-5463. ■

What the scores mean

Zero: No plaque. Low risk of heart attack.

1–10: Small amount of plaque. Less than a 10 percent chance of having heart disease. Low risk of a heart attack.

11–100: Some plaque. Mild heart disease. Moderate chance of a heart attack. Lifestyle changes and other treatment may be recommended.

101–400: Moderate amount of plaque. Heart disease. Plaque may be blocking an artery. Moderate to high chance of having a heart attack. More tests and treatment may be recommended.

Over 400: Large amount of plaque. More than a 90 percent chance that plaque is blocking an artery. High chance of a heart attack. More tests and treatment will be recommended.

www.rafimaging.com
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(540) 361-1000

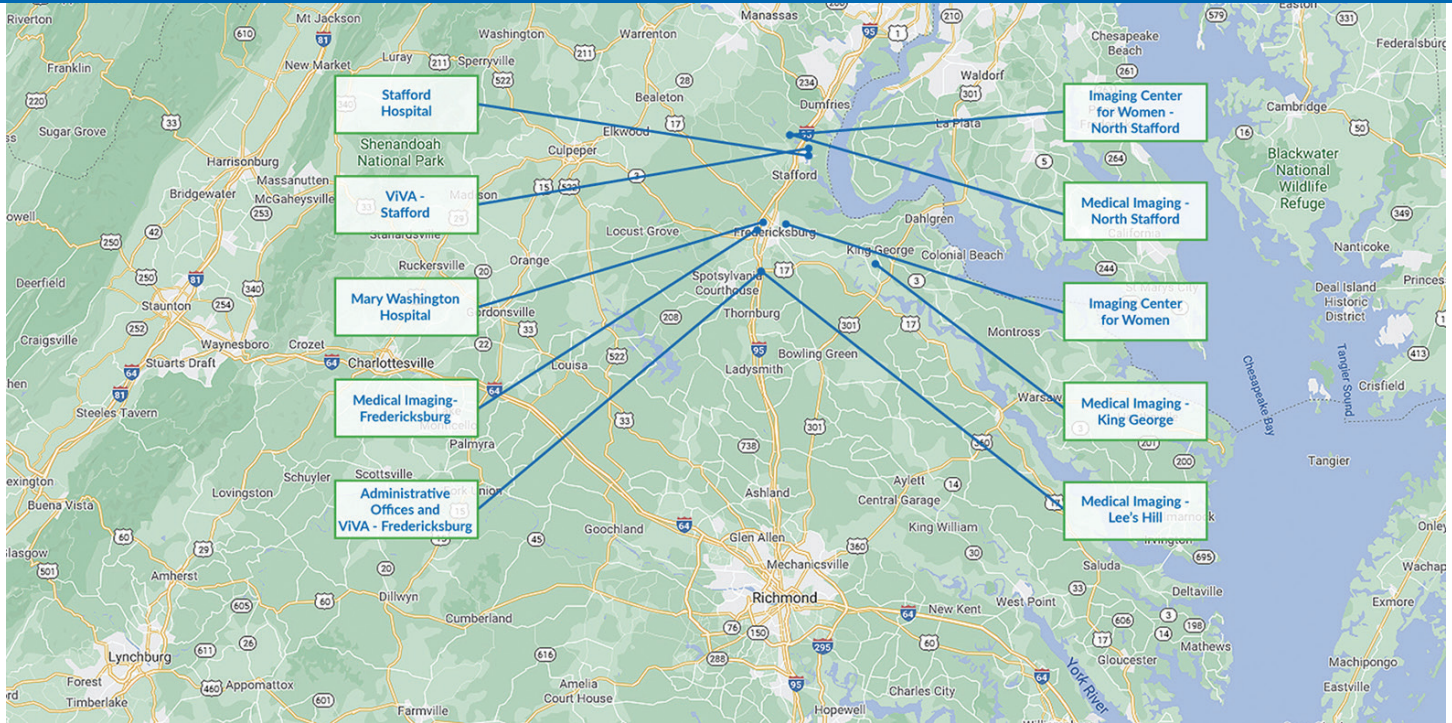
Ed Swager, Chief Executive Officer

Radiologic Associates of Fredericksburg (RAF) is the largest provider of medical imaging services in the Fredericksburg, Stafford and Spotsylvania area. RAF's interventional radiology and vascular surgery group, Virginia Interventional & Vascular Associates (VIVA), performs minimally invasive procedures, vascular lab studies and vascular surgery.

RAF publishes *Imaging Advances* periodically for referring physicians and the greater medical community.

For more information, please contact Tammy Gressly, Director of Administrative Operations, tgressly@rafadmin.com, (540) 361-1000.

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All Partner Locations

Radiologic Associates of Fredericksburg serves patients at Mary Washington and Stafford Hospitals, Medical Imaging of Fredericksburg, the Imaging Center for Women in Fredericksburg and North Stafford, Medical Imaging at Lee's Hill, Medical Imaging of North Stafford and Medical Imaging of King George, as well as at RAF's interventional radiology practice, Virginia Interventional & Vascular Associates (VIVA) in Fredericksburg and Stafford, and Cosmetic Center by VIVA in Fredericksburg.