

Going WITH THE Flow

Lone Star Heart & Vascular Center
is Better Than Ever

Waqar Khan,
MD, MPH, FACC



If every vein in an adult, human body was laid out like cars in a line of traffic, the distance would span nearly 100,000 miles. That's four trips around the world. Were you aware that you had 100,000 miles of anything inside of you? Or that all of those veins have names and jobs? Jobs that keep our lungs pumping, our brains working, our legs and arms moving, making veins the most underrated workers of our anatomy. If you're feeling a sudden wave of guilt, rest easy. Dr. Waqar Khan, medical director of Lone Star Heart and Vascular Center, knows every stretch of that vast distance; every duty of your little highway workers, be they pulmonary or systemic, deep or superficial. He even takes heed of those spidery, blue eye sores: varicose veins.

- ***"Patients may graduate from Dr. Khan's care, but no one leaves without gaining a strong know-how of heart health."***

"I am a varicose vein guy," proclaims Dr. Khan with well-deserved pride. He has done vein procedures in South Florida for the past year, including "radiofrequency (RF) ablation" and "sclerotherapy," two treatments that make bulging veins shrink and disappear. "But I'm also a complete vascular specialist, meaning arteries and veins. A lot of doctors deal with one or the other, but I'm a

one-stop shop. I do it all," he says with a smile. Dr. Khan has been practicing in Tomball and surrounding communities of Harris and Montgomery County for over fifteen, successful years. In that time he served as Chief of Cardiology at Tomball Hospital and St. Luke's. Double board-certified in general cardiology and interventional

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cardiology, he bridges the gap between a cardiologist and a heart surgeon. Take a patient who has suffered a heart attack and is facing the possibility of a coronary bypass, a surgery that means a week in the hospital, a few days in the ICU, and is overall, considered very painful. An interventional cardiologist can perform a "stent procedure", a far less invasive course where a tiny, wire mesh tube opens the blockage and allows blood to pass through. Khan is one of only a handful of cardiologists trained to perform the revolutionary Carotid artery stenting procedure designed to open blockages in arteries supplying brain circulation. Patients with these blockages are at high risk of a stroke. "In the old, traditional procedure, a patient would undergo complicated surgery for that. Now I can do this procedure while the patient is awake; they go home the same day."

Even at a young age, Waqar Khan recognized that he wanted to combine his passion for helping others with his fascination of the human body. In-depth focus at some of the world's greatest medical schools helped him hone in on his chosen specialty, the body's hardest working organ, the heart. The results of his day-to-day work are heroic. "I love what I do. Every day I'm able to see people whose lives have been saved."

Recently Dr. Khan took a break from his private practice in Tomball for a private practice in South Florida, and also a member of the faculty at the Florida Atlantic University Medical School. He completed his training on vein ablation, and while the seduction of easterly family ties and academic engagement was strong, it was not enough to hold him. "I love it here," he says, dotting on the communities in and around Montgomery County. He is in awe of the growth that he's witnessed over fifteen years, and the commitment of the populace to values like friendliness, health, and education. He returned, setting up shop only a short distance from where he was before departing, re-opening his doors to patients both old and new.

In testimonials written directly to their doctor, they heap gratitude for saving their lives:

- ***"You are primarily responsible for my survival and general well being these past seven years since the first two of the three stents you have placed in my coronary arteries." - John A.***
- ***"You have my complete confidence since the day I met you, and through the years have serviced my needs with complete professional skill and courtesy." - Bob S.***

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"I am a big fan of teaching patients preventive care," emphasizes Dr. Khan, who goes on to label changeable risk factors such as smoking, diabetes, and high blood pressure, as well as those unchangeable, like sex, age, and genetic predisposition. "But all of these things can be helped with proper diet and exercise. Eat lots of fruits and vegetables. Limit the amount of fatty, fried foods and red meat. Get at least twenty to thirty minutes of exercise a day."

Think of it as road maintenance along that venous, 100,000 mile highway to the heart.

Services

CARDIOVASCULAR

- Consultations
- Echocardiography
- Nuclear Stress Testing
- Holter And Event Monitors
- Cardiac Catheterization
- Coronary Artery Angioplasty And Stents
- Permanent Pacemaker Placement
- Congestive Heart Failure Treatment

VASCULAR/ENDOVASCULAR PROCEDURES

- Arterial Duplex Scans
- ABI With Doppler
- Arterial Angiograms
- Peripheral Artery Angioplasty And Stent
- Limb Salvage Procedures To Prevent Amputations
- Renal Artery Stents
- Carotid Artery Stents
- Abdominal Aneurysm Endovascular Repair

VEINS

- RF Venous Ablation
- Sclerotherapy
- Microphlebectomy
- Deep Vein Stents
- IVC Filters

Call for
an appointment
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vein screening.



Dr. Khan
& Staff