

Introducing Renal Denervation

Renal denervation is a new treatment that expands treatment options for patients with uncontrolled or poorly controlled high blood pressure. Dr. Charles Gbur Jr. , MD, FACC, FSCAI and the staff at Fulton County Health Center's Heart and Vascular Center are only one of a handful of facilities in the country that is currently offer this intervention to effectively lower blood pressure for those who struggle controlling it with medication.

What is Renal Denervation?

Renal denervation or sometimes referred as renal ablation is a minimally invasive procedure to treat hypertension or high blood pressure for those who hasn't responded well with other treatments.

Blood pressure is regulated by the efforts of several organs of the body including your brain, heart and kidneys. They all interact with nerves throughout your body to help regulate blood pressure. When over activity of these nerves occur, the impact can increase blood pressure.

Renal denervation is a procedure done by an Interventional Cardiologist that reduces activity in the renal nerves in the kidneys to help lower blood pressure. The procedure uses a specialty designed catheter to send ultrasound or radiofrequency (heat) energy to the renal arteries disrupting the nerves.

What to Expect During the Renal Denervation Procedure

As a minimally invasive procedure Renal Denervation takes about an hour to complete. The procedure involves placing a small catheter in the artery in the groin area similar to an IV. Then the Interventional Cardiologist guides the catheter to the renal ~~gland~~ arteries for the treatment

to occur. During the procedure you will receive anesthesia to make you comfortable.

Treatment may involve a short hospital stay depending on the response to the initial treatment while many may go home the same day. The catheter ultrasound or radiofrequency (heat) energy destroys (ablates) renal nerves without damaging the arteries. The reduced nerve activity causes a drop in blood pressure.

Renal Denervation Benefits

Renal denervation is a new treatment that has been recently approved by the FDA (Food and Drug Administration). This new procedure offers treatment for patients with hypertension that has not been well controlled by medication. Once the procedure is completed, over the next several weeks, the patient will follow up in FCHC Heart & Vascular hypertension clinic to adjust medication and progress. Once your blood pressure has been treated, you will return to follow-up with your family physician for ongoing management. The procedure may allow for the reduction of their hypertension medication dosage, or in some cases to stop medication altogether. After the procedure, patients will experience lower blood pressure, while also reducing the risk of kidney disease, stroke and heart failure.

For More Information

Contact FCHC Heart and Vascular and the office of Charles, Gbur Jr., MD at 419-330-2653 or 419-893-7700