

“I had such a positive experience with TCAR that it allowed me to get my health back in order and embrace a healthier lifestyle. I feel better than ever!”

– Marla Garcia



Stroke is a leading cause of disability and death worldwide, but with timely prevention options like TCAR, many carotid artery disease patients can maintain their quality of life and prevent stroke. It is important to take action and talk to your doctor to see if a carotid artery screening is an appropriate part of your stroke prevention plan.

Marla suffered a stroke that completely altered the course of her life and health. One morning, Marla began her day by noticing significant weakness in her left arm. Everyday tasks such as holding her clothes and brushing her teeth became impossible as her hand and fingers lost all strength. Marla grew concerned over her symptoms and urgently arrived at the Providence Holy Cross Medical Center in Mission Hills, California, where a medical examination revealed that she had experienced a stroke caused by carotid artery disease. In that instance, Marla faced the harsh reality of her health and knew that she had to take control of it. Not only did she have weight issues due to poor nutrition and lack of exercise, but she was also on several heart medications and was experiencing pre-diabetic concerns.

Marla met with Vascular Surgeon, Dr. Sammy Eghbalieh from Southern California Multi-Specialty Center, who recommended she undergo Transcarotid Artery Revascularization (TCAR), a minimally invasive procedure, to prevent another stroke. The procedure was a success as Marla woke up feeling better immediately after. Her left arm regained strength, and a previously ignored discomfort on the left side of her face had disappeared. “I woke up after the procedure and had total movement of my hand,” said Marla. “I felt normal.”

The sense of comfort Marla felt after undergoing TCAR inspired her to take her recovery a step further and embark on a new health journey. She changed her diet to nutritious foods and began exercising daily – a lifestyle change that made transformative improvements to her health. Marla has since lost over forty pounds and has successfully been able to discontinue the use of all her medications.

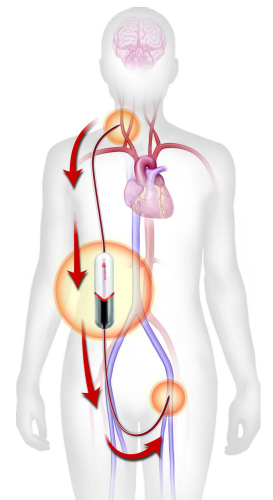
After her recovery from TCAR, Marla noticed positive changes in her everyday routine. Climbing stairs no longer left her breathless and mundane tasks like grocery shopping became easier. She has experienced more energy and now embraces healthier routines such as waking up early and avoiding sedentary habits.

“I am so much happier,” said Marla. “TCAR took me on a health journey that I can’t thank Dr. Eghbalieh enough for. It is just an amazing feeling.”

To learn more about carotid artery disease treatment options, visit www.protectionfromstroke.com.

“Marla was a great candidate for TCAR,” says Dr. Eghbalieh. “The procedure treated her carotid artery disease, and her quick recovery allowed her to embrace a new health journey that had an overall positive impact on her health.”

TCAR is done with a small incision just above the collarbone. During the procedure, a small tube called a catheter is inserted into the carotid artery and is attached to a filtering system that directs blood flow away from the brain. This protects against debris from the procedure reaching the brain and causing a stroke. A stent is placed directly into the carotid artery to keep the plaque from moving, preventing future strokes.



One in three strokes are caused by carotid artery disease¹

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