



VIVA Richmond staff at recent leg screening event.

Free Leg Screening Event Helps Improve Health of Richmond Area Residents

Virginia Interventional & Vascular Associates (VIVA) partnered with Bremono Pharmacy and Sigvaris Group to host a free leg screening event for the community. During the event, 16 area residents were identified as having venous and/or arterial conditions that needed treatment.

Problems with leg health can affect the entire body. That's why ignoring symptoms like pain, numbness or restless legs at night can have a severe impact on long-term health. VIVA Director and nurse practitioner, Jen Dawson, said the screening was held not just to treat these conditions, but to raise awareness about them. "Due to the pandemic, people are less likely to schedule their routine health exams. Getting locals back into regular screening and diagnosis is important for the overall health of the community. So many patients think leg pain is normal with aging, but it's not," she said. "And it's treatable." VIVA screened for two primary conditions: varicose veins and peripheral arterial disease (PAD).

Varicose veins appear as large, dilated veins just beneath the skin, typically in the legs. These are veins with malfunctioning valves, and over time, they can become weak and enlarged.

Similarly, PAD is a condition where the arteries that deliver blood flow to the legs or arms become clogged or narrowed. This condition can result from longstanding high blood pressure, atherosclerosis, smoking, and additional vascular diseases. When blood flow is reduced to the legs, it can result in pain or weakness while walking.

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Radiologist Spotlight Catherine Buhler, MD

Dr. Catherine Buhler — a diagnostic and women's imaging radiologist with Dominion Radiology Associates (DRA) — is a Virginian through and through. She grew up in the Shenandoah Valley near Lexington and now considers Richmond, where she's lived since 2000, her hometown.

Following her calling

At the age of five, Dr. Buhler was certain of her career path.

"Most girls want to be a ballerina, right?" she said. "I didn't. I wanted to be a doctor. Practicing with my friend Hillary, who good-naturedly

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Radiologist Spotlight Catherine Buhler, MD continued from page 1

agreed to be my patient, I created concoctions of who-knows-what – and spread them on her to cure the conditions we pretended she had.”

In sixth grade, the aspiring doctor wrote a paper about how she would make her career dream come true. It included detailed notes about where she would go to college and how long her residency would be. “I’ve always been a meticulous planner,” she noted.

The fascination with doctoring continued in the late ‘80s, when her father brought home a computer for his five children. The new device, though not the Nintendo video game system she’d hoped for, did come with entertainment: a built-in game of surgery. “Players could move the computer mouse to perform operations, but I couldn’t get it going fast enough to fix the simplest ailment – appendicitis – before the buzzer rang. Oops. Game over!”

Undeterred, she went on to receive her bachelor’s degree in biology from the University of Virginia. She then completed her advanced medical education entirely at Virginia Commonwealth University: a master’s degree in anatomy, followed by a medical degree, internship in internal medicine, residency in diagnostic radiology, and fellowship in breast imaging.

Finding her specialty

In her third year of medical school, a colleague observed her talent for reading images. Shortly after, her father was diagnosed with breast cancer, which affects less than 2 percent of men in the U.S. “A local surgeon ignored the lump Dad discovered in his chest. I felt it and advised him to get a second opinion.” A biopsy found breast cancer. After successful treatment, her father healed – while Dr. Buhler found her medical specialty as a breast radiologist.

“When I first explored the field of radiology, the opportunity to use my skills in anatomy truly resonated, but I missed interacting with patients,” she said. “As a breast radiologist, I have the best of both worlds: the science part and the people part. Consulting with patients – and ultimately, helping them toward better health – is highly rewarding.”

In 2012, after completing her fellowship, Dr. Buhler joined the practice

that would later form DRA. Today, she provides diagnostic radiology services to Dominion Imaging in Richmond, which is DRA’s own imaging center, and breast imaging services to Virginia Women’s Center, the state’s largest ObGyn practice.

Flowing with the river

Dr. Buhler’s husband, John, is a dentist. The two met at VCU in a gross anatomy class, before she started medical school, and were married the following year. They have three sons: Jackson, age 14, and twins Sam and Alex, age 11. The sixth family member – Rooney the poodle – joins his humans at the TV screen to cheer on the Las Vegas Raiders.

The Buhlers also enjoy outdoor activity of any kind, from hiking, boating, and wakeboarding to hopping rocks on the James River and exploring the Canal Walk.

The “two Dr. Buhlers” are restaurant connoisseurs and revel in an array of Richmond eateries, such as Fat Dragon, Red Salt, and their all-time favorite, Tio Pablo. They also make a point of getting

away together from time to time for overnight “staycations.”

The ideal experience? Check-in at the Quirk Hotel on Broad Street; dinner at the hotel’s restaurant, Maple & Pine (“best whipped butter in the world,” according to Dr. Buhler); and a walk across the street to the Virginia Repertory Theater for a riveting live performance. ■



Dr. Buhler and family

Dawson, nurse practitioner Cindy Greenwood and Dr. Don Doherty, Jr., screened 25 people with concerns about leg pain and referred 16 for future treatment. Screenings were completed on an individual basis, by inquiring about symptoms, family history and completing visual inspections.

The diseases they detected are too often ignored and under treated. Dawson pointed out that varicose veins are more than a cosmetic concern, though that's not widely known by patients. Ulcers and infections can occur if the condition is not treated promptly. And PAD may have severe consequences if left untreated. In extreme cases, PAD could result in limb loss.

VIVA is committed to helping screen and diagnose patients suffering from these conditions. As part of their continued community outreach, they will host another Free Leg Vein Screening on February 15, 2022, from 10am-2pm. Richmond area residents are asked to pre-register, as space is limited and appointments will be made on a first come, first served basis. For more details, visit vivarichmond.com. ■



FREE Leg Screening

Unsightly veins? Heavy, achy, tired legs?
Swollen ankles or feet?

Join VIVA Richmond, Bremo Pharmacy and Sigvaris® for a **Free Leg Vein Screening** event! Call to pre-register early as appointments are limited. Giveaways and refreshments will be provided.

WHEN? February 15, 2022, from 10am-2pm

WHERE? VIVA — 6600 W. Broad St., Suite 200
Richmond, VA 23230

HOW? Call Bremo at 804-288-8361 ext. 134





Ed Swager, Chief Executive Officer

Dominion Radiology Associates provides high-quality, high-value medical imaging services to residents of Virginia and Northeastern North Carolina. The physician-owned practice serves patients at Dominion Imaging and Virginia Interventional & Vascular Associates in Richmond, VA.

DRA publishes *Imaging Advances – Richmond* periodically for referring physicians and the greater medical community. For more information, please contact Paige Bishop, Director of Marketing, pbishop@dominionrad.com.



Dominion Radiology Associates
6600 West Broad St., Suite 200-C
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Welcome

Taylor Walters: Interventional Radiology Tech at VIVA Richmond

Taylor earned her degree from VCU's radiation sciences program. When she's not working, she enjoys fishing, relaxing at the river and cuddling with her Aussiepoo, named Ruger.



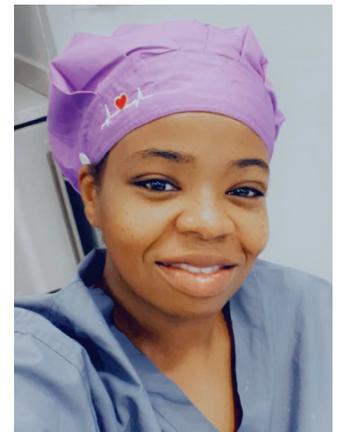
Alonzo Jones Jr.: Medical Assistant at VIVA Richmond

Alonzo is originally from Amelia. When he's not working, he enjoys spending time with his family, listening to a variety of music and watching sports – especially when the Washington Football Team is winning!



Genetra Peace: Registered Nurse at VIVA Richmond

Genetra has always enjoyed taking care of people. That's what led her to pursue a career in nursing. Prior to joining VIVA, she worked at Chippenham Hospital in the Surgical Trauma ICU. When not at work, she enjoys spending time with her two boys, age 2 and 7.



Laura Daily: Receptionist at VIVA Richmond

Laura was born in the South American country of Guyana. She moved to the U.S. in 1977, lived in Canada for 5 years and then moved back to the States. When she's not working, she enjoys spending time with her four grandchildren and loves to read, especially science fiction.

