



The Vascular & Interventional Centre has an expert team of doctors well-versed in the current minimally invasive techniques and medical treatments. Our team of specialist doctors and staff strive to provide patients with holistic care in a fully integrated clinic and ambulatory surgery centre for a range of diseases.

Find out more @
<https://www.sgvascularctr.com/>



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**FINDING RELIEF FROM
KNEE OSTEOARTHRITIS**



WHAT IS N-STRIDE® APS INJECTION?

The nSTRIDE® APS injection involves using the patient's own blood to generate an anti-inflammatory-rich cellular solution that contains white blood cells, platelets, growth factors, and anti-inflammatory cytokines. This APS is injected back to the knee joint to promote anti-inflammation, cartilage regeneration and ultimately, pain-relief.

WHAT IS KNEE OSTEOARTHRITIS?

Knee osteoarthritis (OA) is the leading cause of knee pain in adults. It occurs when the protective cartilage that cushions your bones degrade over time. The joint lining (synovium) is also inflamed; as a result, patients experience knee pain, joint swelling, and difficulty walking.

Conservative care, including physical therapy and medications and joint injections, are temporary, and most symptomatic knee OA patients undergo surgical knee replacement.

Some patients may not be suitable or may choose to avoid surgery. Some after knee-replacement surgery may still have persistent knee pain. In these cases, our minimally invasive treatments, including the **genicular nerve ablation**, **genicular artery embolisation**, and **nSTRIDE® Autologous protein solution (APS) injection**, may be a good treatment option.

WHAT IS GENICULAR NERVE ABLATION?

This is a pain treatment that doesn't require surgery. Selective application of radiofrequency waves via small needle probe to the pain-causing nerves (genicular nerve) surrounding the knee helps to effectively relieve pain. The localisation of the nerve is done via X-ray fluoroscopy and ultrasound.

WHAT IS GENICULAR ARTERY EMBOLISATION?

This X-ray-guided minimally invasive procedure uses a small tube (catheter) to inject Polyvinyl alcohol (PVA) particles via the genicular artery to create a blockage to the regions of increased blood flow corresponding to sites of pain in the knee, thus relieving swelling and pain.

WHAT WOULD YOU EXPECT?

- All these treatment options are minimally-invasive, and patients are discharged on the same day as the procedure from our centre.
- Minimal pain and discomfort.
- Quick return to daily activities.

WHO IS ELIGIBLE?

- Individuals with osteoarthritis, chronic knee pain, or degenerative joint disease.
- Patients with unsatisfactory outcomes from conventional treatments.
- Patients choose to avoid or are unfit for surgical knee replacement.
- Patients with persistent pain and symptoms after a total or partial knee replacement.

To find out which procedure is right for you, you may request a consultation with one of our doctors to help you understand your options and choose the best treatment.