

# Web & Graphic Design Brand Strategy

Germantown, TN



### **Anthony Gonzalez**

Plant Operations Electrician Supervisor

#### **DSH-METROPOLITAN**

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# **Anthony Gonzalez**

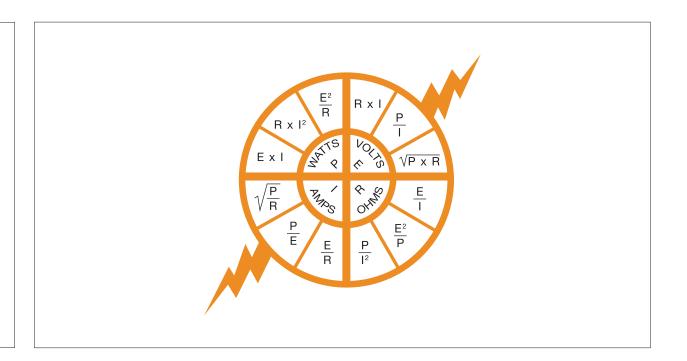
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FirstName LastName























## **University of Memphis 2023 Athletics Campaign (all sports)**Selected portions shown of volleyball



















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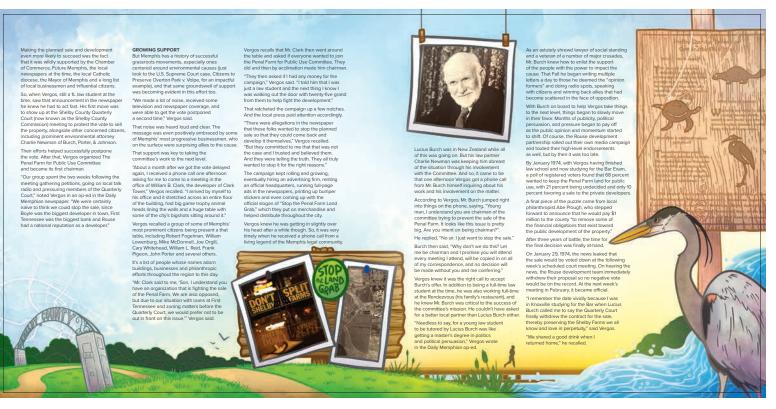
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#### **Spring 2024 UofM Magazine Spreads**

Illustration & layout (for proof)





**University of Memphis, Engineering Golf Cart Wrap** 



#2



#3

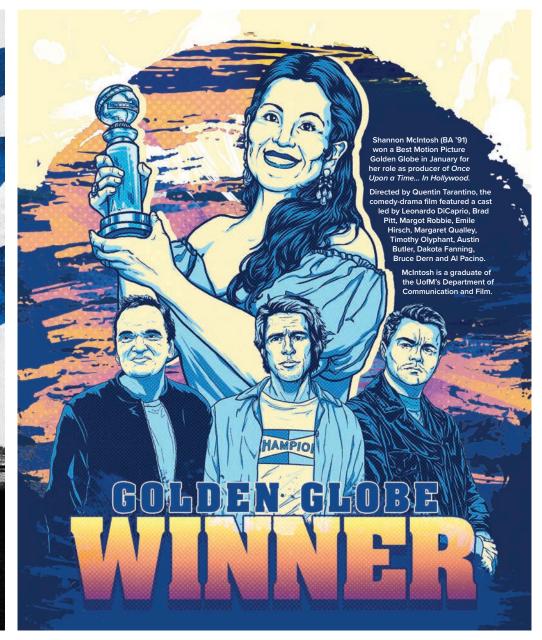


MPD, Squad Car Designs









# Are you at risk for **Peripheral Arterial Disease (PAD)?**

These questions can help us determine the need to be screened for PAD and better assess your vascular health.

Risk factors that increase the chance of PAD		
Are you 50+ years?	☐ YES	□ N(
Did you/do you smoke?	YES	

Have you been diagnosed with any of the following:

Experience tiredness, heaviness or cramps in leg muscles that worsen with walking? YES NO Have toes/feet that are pale or discolored? YES NO Have sores or wounds on your toes, feet or legs that heal slowly or not at all?

Have a leg or foot that feels colder than the other?  $$\square$$  YES  $\ \square$  NO

Have thick, yellow toenails that aren't growing?

The more questions you answered with YES, the greater your risk of PAD.

At Zenith Vascular & Fibroid Center, we specialize in the detection and treatment of PAD.



Jacqueline A. Majors, M.D.
is at the forefront of cuttingedge advancements in the
field. Dr. Majors has also
performed minimally invasive
carotid repair and multiple
endovascular interventions as the
first vascular surgeon in Tennessee.

Dr. Majors has a passion for saving limbs and preventing amputations. She has extensive experience and success at complex endovascular interventions—restoring blood flow to patient's legs to heal wounds and stop pain.

Dr. Majors is committed to delivering transformative outcomes, preserving limbs, and enhancing overall quality of life.



Phillip T. founde Fibroic board Radio years of patients

Phillip T. Zeni, Jr., M.D. is the founder of Zenith Vascular & Fibroid Center. He is a double board-certified Interventional Radiologist with over twenty years of experience serving patients in the greater Memphis metropolitan area. Dr. Zeni has been

recognized with multiple awards for providing excellent patient care as a leader in the medical community for over two decades.



Zenith Vascular & Fibroid Center
Phone (901) 779-5000 · Fax (901) 339-9600
zenithmemphis.com









PAD

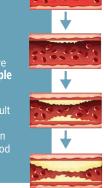
Peripheral Arterial Disease
Discover a New Path to Vascular Wellness

# Peripheral Arterial Disease

#### The Basics of Peripheral Arterial Disease

Peripheral arterial disease (PAD) is a common yet serious disease affecting more than **8.5 million people** in the US.

The condition is a result of plaque build-up in the arteries, which can harden and block blood flow to the limbs.



# Artery narrowed by plaque Leg pain (claudication) occurs

# The dangers of PAD extend well beyond difficulties in walking, and the consequences can be very serious.

The risk of developing a **non-healing sore** of the legs or feet is increased. In severe cases, these sores can develop into areas of **dead tissue (gangrene)** that ultimately require **amputation** of the foot or leg.

The **amputation rate** among patients with the worst form of PAD**–critical limb ischemia** (CLI)—is estimated at 25%.

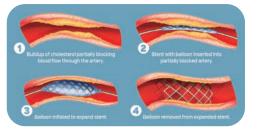
#### Don't wait to get screened for PAD.



#### **Evaluating and Diagnosing PAD**

Zenith Vascular utilizes advanced diagnostic techniques to detect PAD accurately. Our experienced medical professionals employ non-invasive tests such as ankle-brachial index (ABI) measurements and ultrasound imaging to assess blood flow and determine the best course of treatment.

For more information, visit: **zenithmemphis.com** 



#### **PAD Treatments**

**Angioplasty**- A minimally invasive procedure where a balloon is inflated inside a blocked artery to restore blood flow.

**Stent** - A minimally invasive procedure where a tiny tube is placed in the artery to keep it open.

**Atherectomy** - A minimally invasive procedure that utilizes a catheter (a thin, flexible tube) to remove plaque from a blood vessel.

**Bypass Surgery** - A surgical procedure that uses a blood vessel or synthetic tube to bypass blockages in the artery.



#### **Take the First Step Towards Vascular Wellness**

Don't let PAD hold you back from living your life to the fullest. Contact Zenith Vascular today and let our compassionate team guide you toward a healthier and more vibrant future.



Phillip T. Zeni, Jr., MD, FSIR
Interventional & Vascular Physician/Medical Director

w (901) 779-5000 · f (901) 339-9600 · zeni@zenithmemphis.com



- Peripheral Arterial Disease (PAD)
- Uterine Fibroid Embolization (UFE)
- Prostate Artery Embolization (PAE)
- Genicular Artery Embolization (GAE)

zenithmemphis.com



# The Mediterranean Diet

#### **How healthy is a Mediterranean diet?**

A Mediterranean diet plays a vital role in boosting your heart's health. It can greatly help reduce chances of heart attack, stroke, and other serious diseases. It combats obesity and diabetes, and can even improve your thinking and memory as you age.

The Mediterranean diet is backed by research that directly links these heart-friendly foods to their many medical benefits-including supporting a longer lifespan and preventing serious disease.

# 4 major ways a Mediterranean diet benefits your heart health.

- 1. Helps keep cholesterol levels healthy.
- 2. Enhances your body's ability to absorb blood sugar.
- 3. Cools off damaging inflammation.
- 4. Helps arteries stay flexible and resist plaque buildup.

#### What's in a Mediterranean diet?

- · Olive oil as a primary fat source.
- · Legumes, such as peas, beans and lentils.
- · Whole grains.
- · Fruits and vegetables.
- · Nuts.
- · Fatty fish, occasionally poultry.





Zenith Vascular & Fibroid Center
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service@zenithmemphis.com



# Exercise and Vascular Health

#### **Benefits of Regular Exercise**

Engaging in regular exercise has a lot of benefits for your body and is proven to have a positive impact on vascular health! It's not just good for your veins and arteries—you entire body can benefit. It keeps your thinking, learning, and judgment skills sharp.

Exercising is even more beneficial when you also eat heart-friendly foods, maintain a healthy weight, and avoid smoking. Starting good habits today can keep issues at bay.

Regular exercise helps:

- Maintain a healthy weight
- Reduce the risk of cardiovascular disease
- **☑** Improves learning
- Sharpens decision making
- Releases endocannabinoids, improving mood
- **✓** Improves sleep

#### What do I need to do?

Regular activity can be moderate to vigorous intensity aerobics combined with strength training. Exercise 3-5 times a week with a goal of 75-150 minutes/week.

- Moderate intensity aerobics the heart rate and cause sweating. These can include yard work, walking briskly, casual biking, ballroom dancing and more.
- **Vigorous-intensity aerobics** increase the heart rate. They also cause sweating and heavy breathing that limits talking. These can include jogging, hiking, fast cycling, jump rope, and much more.
- Muscle-strengthening activities can be things such as weight lifting, yoga, sit-ups, push-ups and so forth. These activities increase balance, strength, and prevent osteoporosis.

#### How can I exercise regularly?

- Select enjoyable activities
- Work out with a friend
- Encourage family to join in
- Track progress with a daily journal

#### **Need some gear?**

Check out our online shop for exercise gear to get you started!

Visit **zenithvascular.com/shop**Or scan the QR code 
→









zenithmemphis.com

























The McCain Duo, 2020-2021 CD+ Case insert deisgns





















































