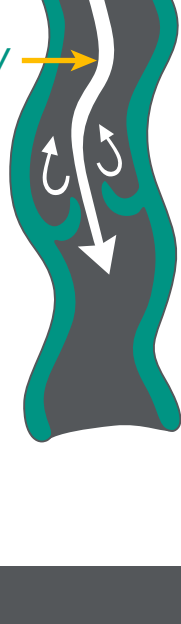


# What are VARICOSE VEINS?

**HEALTHY VEINS**  
return blood to the heart through one-way valves. These valves allow blood to travel toward the heart and stop blood from flowing in the opposite direction.



BLOOD FLOW



**DISEASED VEINS**  
have weakened valves allowing blood to flow backward and pool inside the veins. The result is a high pressure build-up inside the veins leading to venous disease.

## WHO HAS VARICOSE VEINS?

Up to 60% of men and women over the age of 60 suffer from varicose veins.



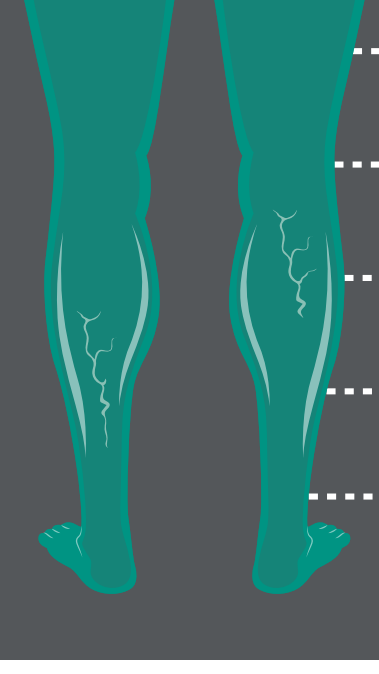
1 in 3 Americans have venous disease.



Varicose veins occur more frequently in **women** than men



## WHAT ARE THE SYMPTOMS?



**Aching**  
**Swelling**  
**Itching**  
**Heaviness**  
**Restless legs**  
**Visible veins**

## WHAT ARE THE CAUSES?



Heredity



Age & Time



Trauma



Prolonged  
Sitting/Standing



Wearing tight  
constricting  
clothing



Wearing  
High Heels



Oral estrogen  
or birth control



Pregnancy



Constipation

**OVER 50%** of people with a **FAMILY HISTORY** of varicose veins will develop vein disease.

## WHAT ARE THE TREATMENT OPTIONS?

**Treatments** either close or eliminate culprit veins, allowing blood to divert through healthy veins with normal functioning valves to improve circulation. There are several procedures that can be used alone or in combination to treat varicose veins.

**Treatments** are in-office procedures that take between 15-30 minutes. You will wear graduated compression stockings for 7 days after treatment but may resume regular activities immediately.

### POSSIBLE TREATMENTS INCLUDE:



#### SCLEROTHERAPY

- Requires no pain medication
- With or without ultrasound guidance, sclerosing solution is injected into the problem veins
- Over time treated veins fade from view
- May require multiple treatment sessions



#### ENDOVENOUS THERMAL ABLATION

- Local anesthesia and relaxing medication
- Laser or radio frequency generate heat to permanently close diseased veins
- Minimal or no scarring
- Greater than 95% success



#### AMBULATORY PHLEBECTOMY

- Local anesthesia
- Treats bulging varicose veins
- Diseased veins are removed through tiny incisions
- Minimal or no scarring

### Treatment Tips:

- Use **IBUPROFEN** for mild post-procedure pain and inflammation
- **WALK** to speed healing and to reduce the risk of complications
- Wear graduated **COMPRESSION STOCKINGS** as directed

## How is *Quality of Life* improved after treatment?

### IMPROVED ACTIVITY

### REDUCED PAIN & INFLAMMATION

### IMPROVED APPEARANCE



## VARICOSE VEINS VS SPIDER VEINS



### spider veins

Small, superficial veins that appear close to the surface of the skin are called spider veins. Spider veins are fed by larger reticular veins.

### varicose veins

Varicose veins are large, twisted, and dilated.

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