

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.

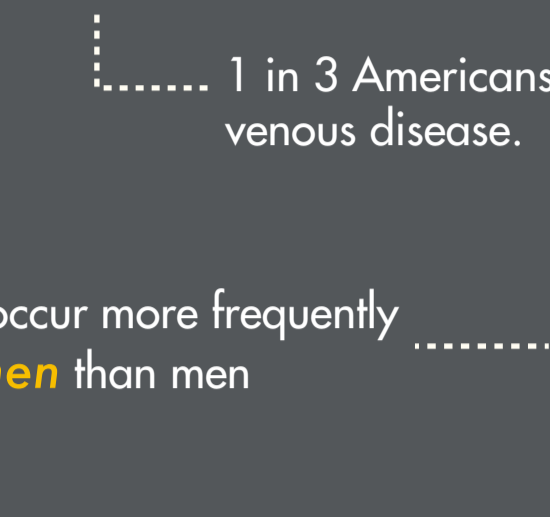
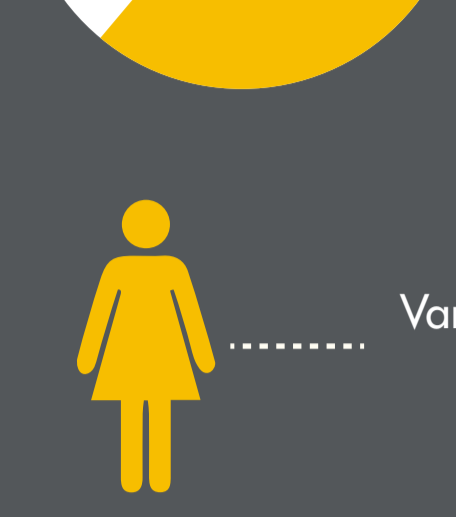


DISEASED VEINS

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?

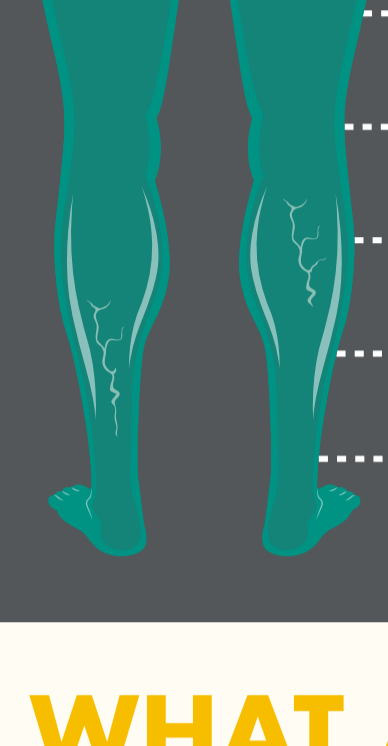
Up to 60% of men and women over the age of 60 suffer from varicose veins.



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?



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.

VARICOSE VEIN MYTHS:

MYTH:

Pregnancy causes varicose veins.

FACT:

Pregnancy may aggravate, but not cause varicose veins.

MYTH:

Crossing legs causes varicose veins.

FACT:

Crossing legs may aggravate, but not cause varicose veins.

MYTH:

Varicose veins may go away on their own over time.

FACT:

Untreated veins generally get worse.

MYTH:

Varicose veins only occur in the legs.

FACT:

Varicose veins occur in other locations, including the pelvis.

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