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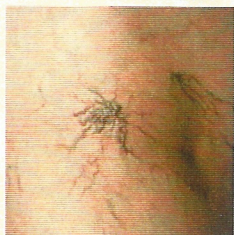
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## Along Came a Spider

Effective treatment for capillary disease clarifies the skin

BY DR. LUIS NAVARRO

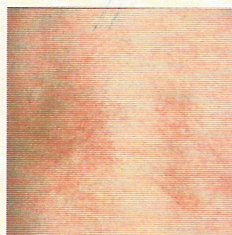
Some women are blessed with flawless skin, but for the vast majority, our skin reflects not just our lifestyle, but also our family history.



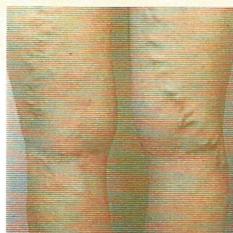
#1 SPIDERS PRE & POST

Like the insects for which they're named, spider veins can be pesky. Cropping up when we least expect them, their subdermal nature makes them seem permanent. Luckily, there are treatments to make them disappear.

Blue, red or purplish in color and with a web-like or linear appearance, spider veins affect roughly 50 percent of the female population. Dilated capillaries less than 2mm in diameter located just below the surface of the skin, spider veins, or capillary disease, occur most commonly on the legs and occasionally on the face.



#2 SCLERO PRE & POST

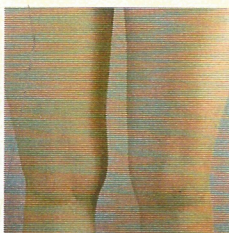


#2 SCLERO PRE & POST

Genetics play the most significant role in the development of spider veins, which are inherited most often from the mother's side of the family. Other factors that can accelerate and aggravate the appearance of veins, beyond gravity and age, include, pregnancy, birth control pills, hormone therapy, obesity,

lack of exercise, weight fluctuation, constipation, and prolonged periods of sitting or standing.

Sclerotherapy, or "injection therapy," can successfully treat nearly 100 percent



of spider veins safely, effectively, and painlessly- with excellent cosmetic results. The procedure is simple. A mild chemical solution is injected into the affected vein, causing the walls of the vein to become irritated and collapse. The vein is then absorbed in the body's natural healing process. The blood

from the closed vein is rerouted to a healthy vein, thereby restoring proper circulation.

Following the injections, the leg is wrapped with an elastic bandage for several hours. Over the next two-to-three weeks the treated veins begin to heal and disappear. Different solutions, concentrations, and techniques can be used for optimum results, depending upon the size of the damaged vein, the color of the patient's skin and the patient's healing potential. Treatments can range from \$250 to \$500 depending on the number of injections. For the face, sclerotherapy is always the preferred method of treatment, however if the capillaries are too small lasers can be used.

The Vein Treatment Center also utilizes a specialized technique known as foam sclerotherapy, in which the liquid sclerosing agent is converted to a foam-like substance, which is ideal for closing larger veins and can be visualized and controlled by ultrasound.

Although spider veins can never be completely prevented, there are ways to slow the progression of the disease including getting regular exercise, wearing graduated compression stockings, monitoring your hormone intake, elevating your legs and eating a proper diet that is high in fiber and low in salt. However, the best prevention always is to seek treatment in the early stages of the disease. ●



Dr. Luis Navarro, director of The Vein Treatment Center in New York, NY, one of the most well-respected and established physicians in the country, has devoted his life's work to the treatment of venous disorders (varicose and spider veins).