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Vanish Veins, Painlessly!

by Dr. Luis Navarro

Women are 10 times more likely to develop varicose and spider veins than men. The reason we develop veins is genetics, they are inherited from our parents and even grandparents. If you are born with this predisposition to develop unsightly veins they can appear as early as your teens and worsen as you age due to a variety of contributing factors. Women have many more accelerating factors than men, such as pregnancy, birth control pills and hormone replacement therapy. Other factors that plague both sexes are obesity, lack of exercise, weight fluctuation, constipation, prolonged periods of sitting or standing and the aging process.

Varicose veins are large, protruding and rope-like in nature and develop due to a weakening of vein valves and vein walls. Leg veins are fitted with one-way valves that assist in the pumping of blood back to the heart and lungs and thus preventing blood from flowing backwards. When a valve weakens or becomes defective, gravity forces the blood back down, which collects in the lower legs, causing the veins to bulge outward.

Spider veins are tiny dilated capillaries medically referred to as telangiectases, are blue, red or purplish in color and can crop up in clusters resembling a spider web. In addition to being unsightly and often embarrassing, varicose veins and spider veins can also cause discomfort, with symptoms such as, throbbing, heaviness, achiness and leg cramps.

Unsightly veins can appear on the legs, face, hands and or breasts. Once veins appear they will not disappear on their own you will need to seek treatment to alleviate the symptoms and vanish the veins.

Using the latest technologies and the most advanced therapies will achieve the best possible cosmetic results for your patients. You as a professional should refer your patients to a facility that offers all the modern forms of treatment, such as "painless" sclerotherapy, duplex-guided and foam sclerotherapy, TIGOS, laser therapy, EVLA, mini-pherectomy, and ambulatory surgery. Which treatment or combination of treatments is best suited for a patient will depend on the type, size, location and depth of the vein problem. After a leg examination and non-invasive testing, such as doppler and if needed ultrasound, a proper diagnosis and treatment plan is developed.



Sclerotherapy Patient
35 y.o. female
Varicose & Spider Veins
Symptoms:
• Leg heaviness
• Swelling
• Night cramping

Sclerotherapy or "injection therapy" can successfully treat 90 percent of all varicose veins and nearly 100 percent of spider veins safely, effectively and painlessly - with excellent cosmetic results.

Modern sclerotherapy is a spray of cold air temporarily numbs the area during injections. With the use of advancements in magnification, polarized light, transillumination and infrared light veins are now more visible under the skin, thus improving results and reducing treatment time. Sclerotherapy, or injection therapy, is the most common treatment for spider and varicose veins on the legs (facial, breast and hand veins may also be treated). Sclerotherapy consists of injecting a mild chemical solution into the problem vein, which causes the vein to close; the blood is then re-routed to a healthy vein. The body's natural healing process will absorb the closed vein restoring proper circulation leaving the patient's legs free of unsightly and often painful



Ambulatory Surgery Patient
42 y.o. male
Varicose Veins
Symptoms:
• Leg heaviness
• Pain
• Throbbing

varicose and spider veins.

Once treated, there are a few tips to help maintain healthy veins: Exercise regularly, monitor BCP and hormone intake, elevate legs, maintain a proper weight, eat a high fiber diet and wear compression stockings.

The treatment of veins is an intricate process and requires an experienced vein specialist. To find a vein specialist in your area, check the American College of Phlebology for a board certified specialist. To find out more about veins go to www.veintreatmentcenter.com. ♦