

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.



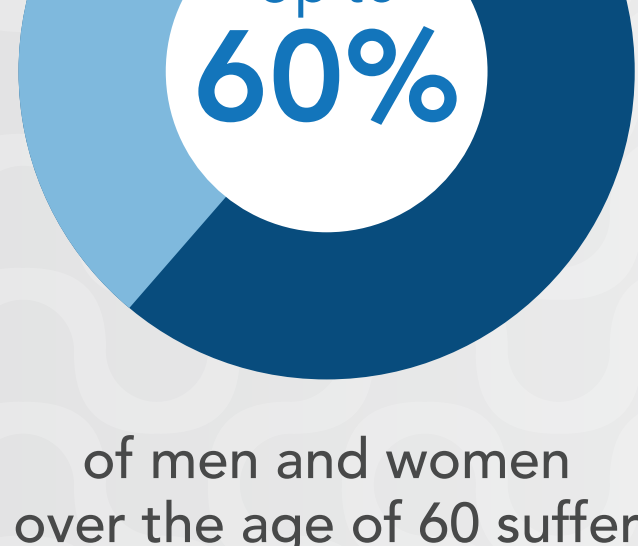
VALVES
BLOOD FLOW



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
- Difficulty standing
- Restless legs



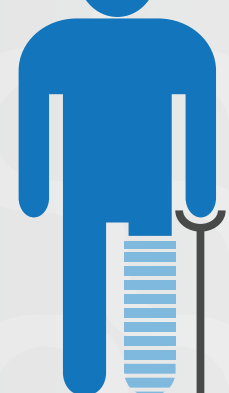
WHAT ARE THE *causes*?



HEREDITY



AGE & TIME



TRAUMA



SITTING OR STANDING

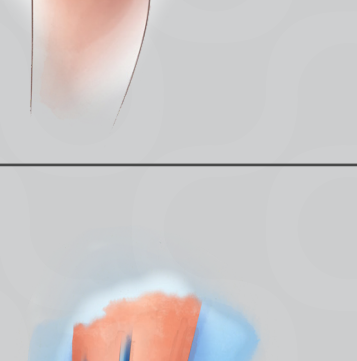
Over **50%** of people with **FAMILY HISTORY** of varicose veins will develop vein disease.

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.

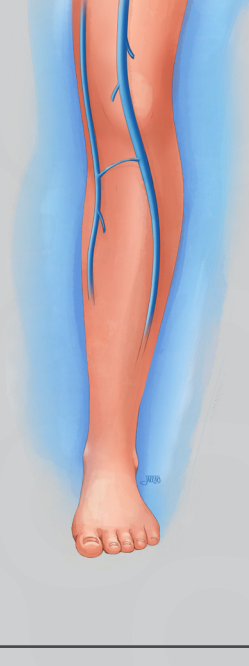
There are several procedures that can be used alone or in combination to treat varicose veins. **TREATMENTS** are in-office procedures that take between 1-2 hours. You will wear compression stockings for a short time afterwards but may resume regular activities almost immediately.

Possible treatments include:



ENDOVENOUS THERMAL ABLATION

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



SCLEROTHERAPY

- Requires no pain medication
- Under ultrasound guidance, sclerosing solution is injected into the problem veins
- Over time treated veins fade from view
- May require multiple treatment sessions



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
- **AVOID STRENUOUS EXERCISE** for 2 weeks following treatment
- **WALK** to speed healing and to reduce risk of complications
- Wear **COMPRESSION STOCKING** as directed

How is quality of life improved after treatment?

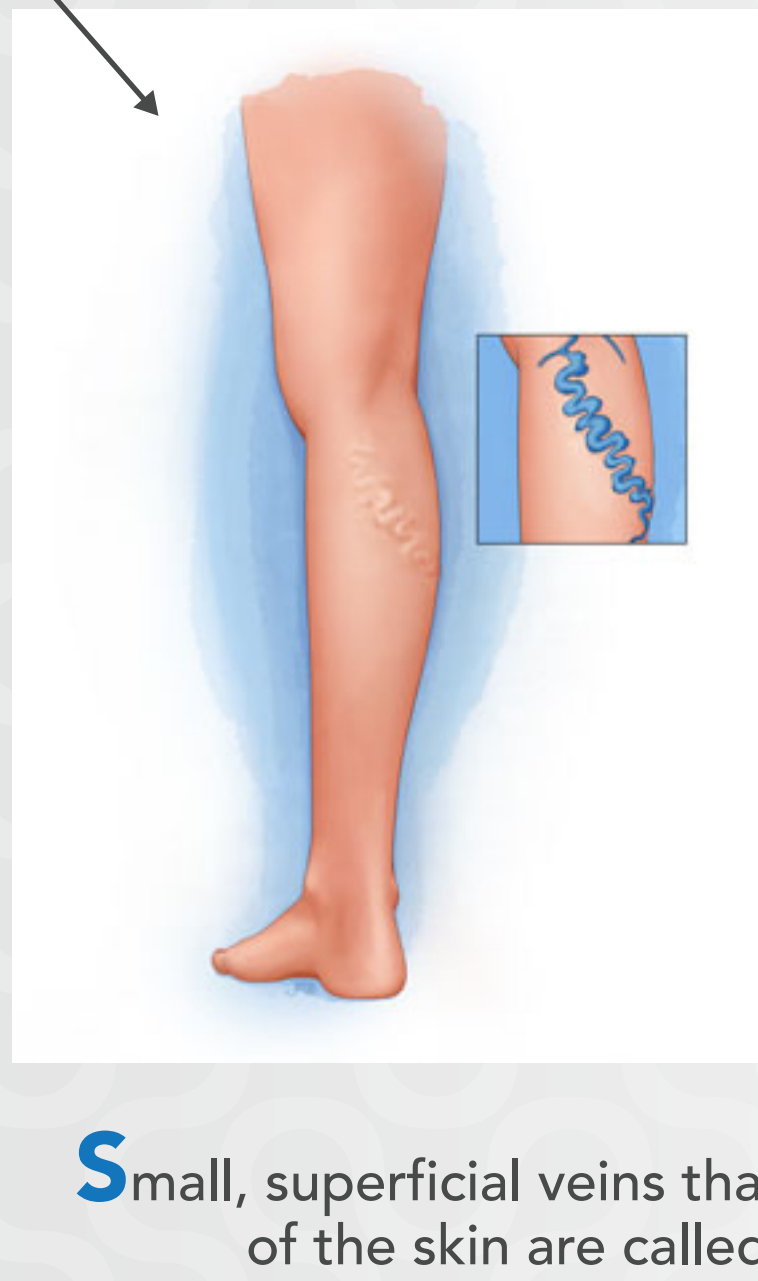
IMPROVED ACTIVITY

REDUCED PAIN & INFLAMMATION

IMPROVED APPEARANCE



VARICOSE VEINS *vs* SPIDER VEINS



Small, superficial veins that appear close to the surface of the skin are called spider veins. In many instances, spider veins are fed by larger sources of reflux occurring within the venous system.

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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