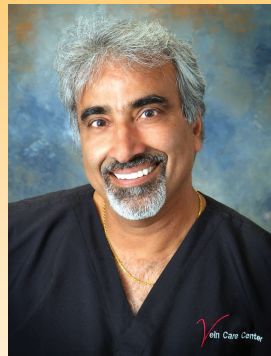


# Vein Care Center

## About Vein Care Center

The Vein Care Center is the practice of Praveen K. Malhotra, MD and Manu B. Aggarwal, MD. Dr. Malhotra left his hospital practice in 2002 to exclusively treat vein disorders. Today, Dr. Malhotra has vein clinics in Findlay, Lima, Celina, & Bellefontaine. Patients receive a full continuum of care at each location. In Findlay, patients are seen and treated at our vein clinic located at 2459 S. Main Street inside the ServUS Center.



**Praveen K. Malhotra, MD**  
Vascular Interventional Radiologist

## Did You Know?

Nearly half of the US population suffers from some form of venous disease---50 percent of women and 40 percent of men—resulting in over 2 million lost work days and hundreds of millions of dollars spent on health care.

Risk Factors include age, genetics, gender, obesity, pregnancy, hormonal changes at menopause, work or hobbies requiring extended standing, and past vein diseases.

Symptoms, often made worse by prolonged standing, include feelings of fatigue, heaviness, aching, burning, throbbing, itching, cramping, and restlessness of the legs. Leg swelling can occur. Severe varicose veins can compromise the nutrition of the skin and lead to eczema, inflammation or even ulceration of the lower leg. If left untreated varicose veins could lead to deep vein Thrombosis (blood clot), severe bleeding, sores, or skin ulcers.

Treatment options include conservative treatment such as wearing compression stockings, elevating your legs, and exercising regularly may relieve symptoms and keep varicose veins from getting worse. Sclerotherapy, ambulatory phlebectomy, endovenous laser treatment or surgery to treat varicose veins may be considered when symptoms persist. The first step in treatment is to identify the source of venous reflux. This can be done by a simple screening process based on family history and physical examination.

Vein Care Center is dedicated to healthy, pain-free legs for men and women. To schedule a screening or consultation, call (419) 422-5905. More information may be found at [www.yourveincarecenter.com](http://www.yourveincarecenter.com)

## Questions & Answers

### **Q. Are all bluish surface veins varicose veins?**

**A.** People must not be too quick to identify any blue veins as being varicose veins. The veins of fair-skinned people are often purplish in color and thin or athletic people are prone to slightly prominent veins. Varicose veins are slightly raised and appear upon standing. They are most often found at the back of the calf or on the inside of the leg, anywhere between the ankle and the groin.

### **Q. Does pregnancy cause varicose veins?**

**A.** Pregnancy does not cause varicose veins; rather, it can aggravate an existing tendency toward the condition. More blood circulates in the body during pregnancy to meet the demands of the developing baby. This increased blood flow can burden an already weakened venous system. The growing fetus can also press on the pelvic veins and hinder the passage of blood. Finally, some researchers speculate that hormones present during pregnancy may contribute to dilated vessels. Luckily, most blemishes, blotches, and knotty veins disappear after childbirth.

### **Q. What causes varicose veins?**

**A.** Many factors or influences have been discovered that lead to the development of varicose veins, but the four main causes are:

- Heredity
- Female hormones, especially those of pregnancy
- Gravitational force (such as prolonged periods of standing or sitting)
- Muscular compartment forces which travel to skin level (superficial) veins through faulty perforator or connecting veins, creating higher pressure in the superficial veins which leads to enlargement of the vessels.

### **Q. My legs often ache or throb if I am on them too long. Is this related to my varicose veins?**

**A.** Since there may be other conditions related to your leg discomfort, it is recommended that anyone experiencing leg pain have an evaluation by a medical provider.

However, if you have varicose veins, leg aching is a common complaint. The longer you stand still, the more blood will pool in the veins and cause the usual symptoms of ache, swelling, and over time, even ulcer formation. People who work in standing positions, such as hairdressers, bank tellers, assembly line workers, or cashiers may be particularly bothered by these symptoms. If possible, taking breaks to raise the legs or walk can help relieve the discomfort from venous pooling, as can use of compression support stockings.

### **Q. My varicose veins seem to be increasing in size and I am getting more and more of them. What can I do to stop them from spreading.**

**A.** This is often a frustrating problem for patients with varicose veins, as the causes are often beyond personal control – heredity and hormone influences account for a large part of the development and progression of varicosities. These measures are recommended to control the progression of the disease:

- Maintain ideal body weight
- Elevate the legs above the level of the heart for 10-15 minutes when ever possible – 2 or 3 times per day is ideal.
- Avoid prolonged standing or sitting; take breaks to walk every 2 hours if possible, especially when traveling.
- Walk as much as possible. When you are not able to walk, exercise the calf muscles with repetitive ankle flexion (tapping in time to music).
- Wear graded compression support stockings during waking hours; remove for sleep.
- Maintain proper skin hygiene and skin lubrication to prevent drying of skin.
- Avoid excess salt in the diet to prevent retained body fluid.
- Eat a high fiber diet to avoid/prevent constipation – straining puts added pressure on the veins.
- Avoid constricting clothing and shoes.

### **Q. I have heard that insurance companies won't cover treatment for varicose veins because it is considered "cosmetic." Is this true and, if so, is there anything to be done to get approval?**

**A.** Insurance companies will not cover treatment for cosmetic reasons. Most insurance companies will cover treatment for medical necessity. Your insurance company may require proof of necessity for treatment – this includes documentation of symptoms, a thorough physical exam, non-invasive ultrasound tests on the venous system, and possibly documented conservative treatment using compression therapy. Determination of medical necessity can be made through a clinical examination.

The Q & A portion of this article is intended solely as an informational service, not as a substitute for routine or urgent medical evaluation, treatment or consultation. Individuals with medical or personal problems are requested to seek advice from their own physician, or from appropriate health care professionals.

**Local: 419.422.5905**  
**Toll Free 866.472.4472**

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2459 S. Main Street inside the ServUS Center • Findlay, Ohio  
visit us on the web at... [www.yourveincarecenter.com](http://www.yourveincarecenter.com)

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