

The First Steps to Healthy, Pain-Free Legs Begin Today!

25 Million Americans suffer from some form of Varicose Veins!

40% of Women **25%** of Men

If left untreated, varicose veins could lead to phlebitis, severe bleeding, sores or skin ulcers!

Symptoms of Varicose Veins Include...

- Bulging, unsightly veins
- Pain (aching or cramping)
- Heaviness/tiredness
- Burning or tingling sensations
- Itching
- Swelling/throbbing
- Tender areas around the veins
- Restless leg syndrome

Nearly half of the US population suffers from some form of venous disease—40 percent of women and 25 percent of men. Of these, 20 percent of women and 10 percent of men will have visible varicose veins. Varicose veins affect one out of two people age 50 and older and 15 to 25 percent of all adults.

Symptoms and Risk Factors

Symptoms caused by venous insufficiency and varicose veins include aching leg pain, easy leg fatigue, and leg heaviness, all of which worsen as the day progresses. Many people find they need to sit down in the afternoon and elevate their legs to relieve these symptoms. In more severe cases, venous insufficiency and reflux can cause skin discoloration and ulceration which may be very difficult to treat. People without visible varicose veins can still have symptoms. The symptoms can arise from spider veins as well as from varicose veins, because, in both cases, the symptoms are caused by pressure on nerves by dilated veins.

Risk factors include age, family history, gender and pregnancy. Pregnancy, especially multiple pregnancies, is one of the most common factors accelerating the worsening of varicose veins. Other risk factors include obesity, hormonal changes at menopause, work or hobbies requiring extended standing, and past vein diseases.

Diagnosis and Treatment

The first step in treatment is to identify the source of venous reflux. The diagnosis of varicose veins is made primarily by physical examination. The most accurate and detailed test is a duplex ultrasound exam, which provides an ultrasound image of the vein to detect any blockage caused by blood clots, and to determine whether the vein valves are working properly. The technologist will examine the deep and superficial venous systems to determine whether the veins are open and to pinpoint any reflux. The examination and diagnostic test are painless. Patients with venous reflux will be given a personalized treatment plan.

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, or endovenous laser treatment may be considered when symptoms persist. Many insurance carriers cover the vein ablation treatment, based on medical necessity for symptom relief.

NOTE: The process of treatment may require several months and includes initial consultation and diagnosis, any insurance pre-approvals necessary, treatment(s) and follow-ups. Treating venous disease is a process that may take wearing compression stockings. This is a very important aspect of treatment and is generally tolerated better in the cooler months.

Schedule Your Evaluation Today

The Vein Care Center is dedicated to healthy, pain-free legs for men and women. We specialize in venous disease with offices in Findlay, Lima, Bellefontaine, and Celina. **To schedule an appointment, call (419) 422-5905 or (866) 472-4472.** For more information visit us on the web at www.yourveincarecenter.com.

Are You Embarrassed to Wear Shorts?



PUT AN END TO VARICOSE VEINS!

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INSURANCE
COMPANIES

The No Surgery, No Scar Procedure for Men & Women That Eliminates Unsightly Veins.

Do you remember when...



- ... You could dance all night and not be in pain the entire next day?
- ... You actually wore shorts in the summer with confidence?
- ... You could work all day without feeling like your legs were lead at the end of the night?
- ... Your legs didn't itch and burn?
- ... Your legs actually felt good?

Instant Relief from Painful Varicose Veins!



- Uses safe and comfortable laser energy
- Eliminates bulging veins at the source
- Return to your normal routine in about a week
- Procedure takes about one hour
- Physicians Praveen K. Malhotra, MD
Fellowship Trained, Vascular Interventional Radiologist
and Manu Aggarwal, MD
- Robin Feicht, RN performing sclerotherapy and microdermabrasion

Vein Care Center
Local: 419.422.5905
Toll Free 866.472.4472



2459 South Main St. in the ServUS Center • Findlay, OH

visit us on the web at...

www.yourveincarecenter.com