



Varicose Veins May Put Some at Risk For Dangerous Blood Clots:

Vein Clinics of America's Network Physicians Are Available to Discuss Vein Health and Outpatient Treatments During Deep Vein Thrombosis Awareness Month in March

WHAT: March is Deep Vein Thrombosis (DVT) Awareness Month. DVT is the formation of a blood clot or "thrombus" in a deep vein, usually in the leg or pelvis. Vein Clinics of America (VCA) encourages people with [varicose veins](#), particularly those that have become painful and inflamed, to visit a vein specialist.

WHY: Varicose veins often appear as enlarged, visible veins near the surface of the skin and may signal potential serious health issues such as dangerous blood clots.

Many people with varicose veins experience pain, swelling, heaviness, and fatigue in the legs. In some cases, the leg veins may become inflamed and painful – a condition known as superficial phlebitis. Sometimes phlebitis can be associated with superficial vein thrombosis (SVT). A recent study published in Archives of Dermatology indicated that 1 in 4 patients with SVT also had a DVT¹.

Given the potentially serious health risks associated with some varicose veins, people experiencing swollen, painful veins should seek professional consultation with a vein specialist or Phlebologist. VCA's network Phlebologists are specially trained to diagnose and treat vein disorders and can help people avoid more serious complications. Advances in medical technology have made the treatment of vein disorders safer, more effective and available on an outpatient basis.

WHO: **J. Theodore King, MD, FACPh, National Medical Director of Vein Clinics of America** and colleagues are available to speak with patients and the media during March to discuss DVT and the importance of diagnosing and treating varicose veins.

HOW: Visit www.veinclinics.com or call **1-866-617-VEIN** to make an appointment today.

WHAT YOU SHOULD KNOW ABOUT DVT:

- Approximately 600,000 new cases of DVT are diagnosed in the US each year, mainly affecting large veins that are deep inside the lower leg and thigh. DVT can be life-threatening if the clot breaks off, travels to, and lodges in the lung.
- Symptoms of DVT can include:
 - Changes in skin color (redness, but sometimes pale) in one leg
 - Increased warmth in one leg
 - Pain in one leg
 - Tenderness in one leg
 - Swelling (edema) of one leg
- Varicose veins can predispose an individual to superficial thrombosis which, if left untreated, can lead to DVT or post-thrombotic syndrome.
 - Symptoms of post-thrombotic syndrome may include persistent edema (swelling), pain, increased skin pigmentation, and ulceration.

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Vein Clinics of America, a division of IntegraMed America, Inc. (Nasdaq: INMD), is the leading U.S. network of specialty vein care services, with 44 clinics across 14 states, principally in the Midwest and Southeast.

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¹ (Binder B, et al. Association between superficial vein thrombosis and deep vein thrombosis of the lower extremities. *Archives of Dermatology* 2009; 145(7): 753-757.)