

## With the right treatment you can feel better — and love your legs again.

Despite the medical and cosmetic issues that surround varicose and spider veins, there is good news. Due to recent advancements in vein treatment, there are new options for people who suffer from vein disorders. These treatment options are safer, more effective and minimally invasive.

**And treatment is often covered by many health insurance providers.** Since varicose vein treatment is considered to be a medical procedure, in most cases it may be covered by your insurance. Vein Clinics of America is in network with most major insurance plans.



Before

After

Take the first step in getting relief by calling 1-800-660-VEIN to schedule an exam and consultation.

◀ Read on to learn more

## Patient Success Stories



**Patient: Tracy T.**  
**Condition: Restless Legs Syndrome, Varicose Veins**

“I had a lot of aching in my upper legs and occasional cramping in my lower legs. My legs would ache if I had been walking all day and I wasn’t able to sit in a hot tub or a plane for a long period of time.

I felt like I was in very good hands at VCA since my doctor specialized only in vein treatment. Once we started treatment, I noticed immediate relief from my condition. My legs feel very good now. It’s no longer painful for me to spend a lot of time on my feet.”



**Patient: Bonnie T.**  
**Condition: Varicose Veins**

“It’s been almost a year since I came to Vein Clinics of America for an evaluation of my legs. It was at the urging of my family doctor and the fact I was waking up 2-3 times a week with severe leg cramps that I finally made the move to seek treatment.

I should have come in years ago, but I didn’t know about VCA then, only the “stripping” of the veins by surgery and the poor results I had observed. I am thrilled to report — I no longer wake up at night! I no longer have the severe swelling! I no longer have aching legs! I can wear shorts and cute sandals — this is an extra bonus. I am very happy with every aspect of my treatment.”

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TO  
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## Are your legs talking to you?

Visual signs you may have varicose or spider veins include:

- Veins that are dark purple or blue in color
- Veins that appear twisted and bulging
- Thin, threadlike veins that lie close to the skin’s surface

Other signs and symptoms may include:

- Dull aching, heaviness, or fatigue in the legs that may be more noticeable late in the day or after you have been sitting or standing for a long time
- Burning, tiredness, throbbing and muscle cramping in your lower legs
- Significant swelling and calf pain after sitting or standing for a long time
- Itching around one or more of your veins
- Restless feeling in the affected leg(s), especially when going to sleep

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## Varicose Veins — Causes and Risk Factors

Varicose veins occur when some of the connections between deeper and surface veins of the leg no longer function properly. There are many possible reasons for why this happens, but defective/damaged valves within the veins carry much of the blame.

**The leading risk factor for varicose veins is family history.** If one of your parents has varicose veins, you have nearly a 50% chance of developing them. If both of your parents are afflicted, your chance rises to more than 90%.<sup>1</sup>

### Additional risk factors include:

- **Your age.** Varicose veins commonly occur in people as young as 30, and sometimes even younger. Aging causes wear and tear on the valves in your veins that help regulate blood flow.
- **Your gender.** Women are more likely to develop the condition. Female hormones tend to relax vein walls. However, men can develop vein disease as well.

<sup>1</sup> Cornu-Thenard, A. *J Dermatol Surg Oncol* 1994; 20(5): 318-26.



## Your Exam and Consultation

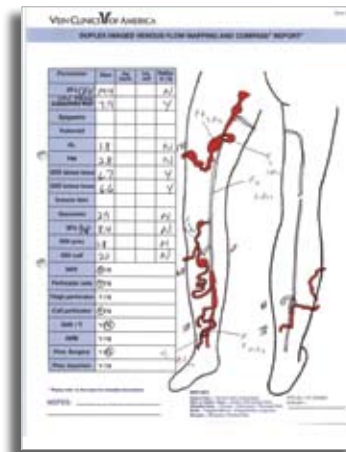
### What to expect...

The first step in vein disease treatment is meeting with our physician for a consultation. Your personal consultation will include:

- Comprehensive discussion regarding your symptoms, concerns, and questions
- Thorough examination of your abnormal veins utilizing Doppler ultrasound (when large varicose vein disease is likely)
- Assistance from our team of insurance specialists to maximize your benefits

### The importance of vein mapping

To determine the optimal treatment plans for your specific needs, you may need a more detailed ultrasound evaluation of the abnormal veins in your legs. We call this a vein mapping. The map to the right illustrates the path of blood flowing through the abnormal veins. It depicts details not visible on the skin's surface – details that make treatment safer and more effective.



## Your Treatment Options: A minimally invasive approach

Our comprehensive, minimally invasive approach includes **Ultrasound-Guided Sclerotherapy**, as well as **Endovenous Laser Treatment (ELT)**. Neither option requires hospitalization or surgery. Instead, each is performed in our office. Patients can resume normal activities the next day, or even sooner.

### What is Sclerotherapy?

Sclerotherapy is a micro-injection procedure that needs no pain medication or surgery. Abnormal veins are treated by injecting a solution called a sclerosant. This seals the vein off from the rest of the vein network in your leg, allowing the body to naturally redirect the blood flow to healthy veins.

For larger varicose veins, our physicians utilize ultrasound-guided Sclerotherapy. The ultrasound allows your physician to target the precise location to optimize treatment results.



## What is Endovenous Laser Treatment (ELT)?

With ELT, a small optic fiber is inserted into the varicose vein using ultrasound guidance. The optical fiber carries energy from the laser which heats and closes the vein. Once the vein

is closed, the blood that was circulating through the vein is naturally re-routed to other healthy veins. With time, the varicose vein is absorbed by the body.

This quick, minimally invasive laser treatment requires no hospitalization and no complicated surgery. The entire procedure takes an hour, or less, and there is very minimal to no pain.

**The average ELT patient will require Sclerotherapy in conjunction with ELT to treat their varicose and smaller veins. By choosing one of our doctors, who are equally skilled in ELT and Sclerotherapy, you're helping to ensure complete, satisfactory and long-term results.**



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