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**A HISTORIC FIRST TIME CLINICAL STUDY FINDS CORRELATION  
BETWEEN VEIN DISORDERS AND RESTLESS LEGS SYNDROME (RLS)**

***Approximately 40% of study participants with  
venous reflux diagnosed with RLS***

CHICAGO, IL - Vein Clinics of America, Inc. (VCA), a wholly owned subsidiary of IntegraMed America, Inc., today announced the results of a clinical study in a recent edition of *Phlebology*, a quarterly peer-reviewed journal that documents clinical outcomes of patients with vein disorders. The study revealed that approximately 40% of patients with vein disorders caused by venous reflux were also diagnosed with restless legs syndrome (RLS), establishing, according to study authors, a definitive first time association between both medical conditions.

The authors of the study were: Brian McDonagh, M.D., the founder of VCA; Raj Guptan, M.D., Director, Department of Clinical Research of the Venous Research Foundation; and Ted King, M.D. also a VCA physician. According to the authors, the study adds credence to the premise that RLS symptoms may be secondary to "venous reflux" in which the blood flows the wrong way in veins, back toward the foot instead of the heart.

"There has been little clinical evidence linking RLS and vein disorders until now," Dr. McDonagh said. "Nevertheless, we have observed over the past 25 years that a large percentage of our patients with RLS and venous reflux commonly experience remarkable improvement of their RLS symptoms as a result of receiving vein treatment."

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RLS is characterized by an irresistible urge to move the legs, especially while sitting or lying down. Those who suffer from RLS find ordinary activities, from traveling in a car or airplane to sitting in a theater, almost impossible because their legs simply will not allow them to sit still comfortably. Sleep also can be very difficult for those afflicted by RLS.

Dr. McDonagh believes that refluxing venous blood becomes a powerful irritant to the leg muscles while the legs are at rest. This irritation triggers the urge for muscles to move. Muscle contraction causes the static blood to flow temporarily and the urge to move disappears for a short time. The cycle can repeat itself over and over. Unfortunately, according to Dr. McDonagh, this refluxing blood can be difficult to detect and patients are commonly unable to recognize it. A physical examination of the legs performed by a Phlebologist (vein disease specialist), as well as non-invasive testing with ultrasound, can help determine whether those afflicted with RLS also have venous reflux.

“While we need to conduct additional studies, it appears there is a common overlapping clinical syndrome in patients with RLS and venous reflux, making RLS treatable in a variety of ways,” Dr. King said.

“Connecting RLS with vein disorders is important because RLS can often go untreated, causing patients to live with the problem for years without relief.”

Vein health is important because veins return blood to the heart and lungs for re-oxygenation. While vein disorders affect both men and women, women have a higher incidence of RLS. The reasons for this are poorly understood but may be due to a hormonally-linked predisposition.

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“The amount of treatment needed can vary widely from patient to patient, depending on the amount of reflux they have but, in our experience, a course of treatment has often helped patients to avoid having to take prescribed medications,” Dr. McDonagh concluded.

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**About Vein Clinics of America, Inc.**

Established in 1981, Vein Clinics of America, Inc. (VCA) is the largest medical group in the country dedicated to the non-surgical treatment of vein disorders. The physicians of VCA specialize in treating the entire spectrum of vein abnormalities, including varicose veins, spider veins, venous leg ulcers, facial veins, hand veins, Klippel-Trenaunay Syndrome and Restless Legs Syndrome resulting from venous reflux. VCA, a wholly owned subsidiary of IntegraMed America, is based in Downers Grove, IL with operations in Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Missouri, North Carolina, Kansas, Virginia and Wisconsin, and operates [www.veinclinics.com](http://www.veinclinics.com), a leading vein care portal.

**About IntegraMed America, Inc.**

IntegraMed America, Inc. is the leading manager of fertility centers and vein care clinics in the United States. The Company supports its provider networks with state-of-the art information systems; marketing and payer contracting; financial planning, reporting and analysis; organizational planning and development; quality assurance initiatives; human resources administration; and purchasing services. IntegraMed also offers consumer treatment-financing programs and operates [www.integrated.com](http://www.integrated.com), a leading fertility portal.