

FACTS & FIGURES ABOUT VARICOSE VEINS

If you suffer from varicose and spider veins, you need not feel alone. It is estimated that 60% of women suffer from some form of venous disorder of the lower extremities. The numbers are increasing the babyboomers segment of the population increases.

What are Spider Veins? What are Varicose Veins?

Spider veins are also known as broken capillaries. They are tiny blood vessels no more than 2mm in diameter that may appear on the face, legs and ankles. They may be red in color or bluish and often form a web-like netting just below the skin's surface



Spider and Small Varicose Veins

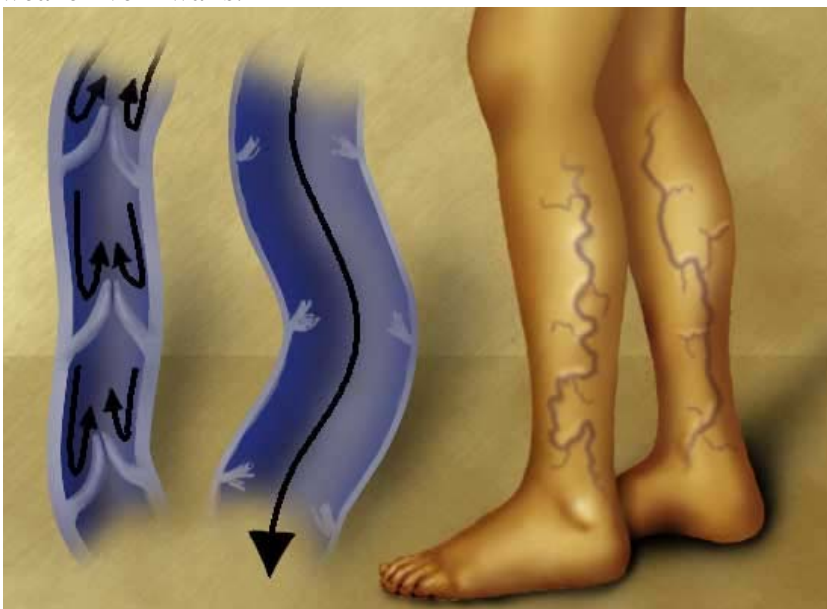
Varicose veins are unsightly, bluish or purple or green in color and can protrude from the leg. They may cause discomfort such as swelling, throbbing, heaviness, night cramps and long-term complications such as ulcerations or bleeding.



Varicose Veins

What Causes Them?

For both, varicose and spider veins, heredity is the main cause. Patients with varicose veins are born with a tendency for incompetent valves. Pregnancy, the use of control pills and estrogen therapy increase the risk of developing these vein problems. Estrogen can weaken vein walls.

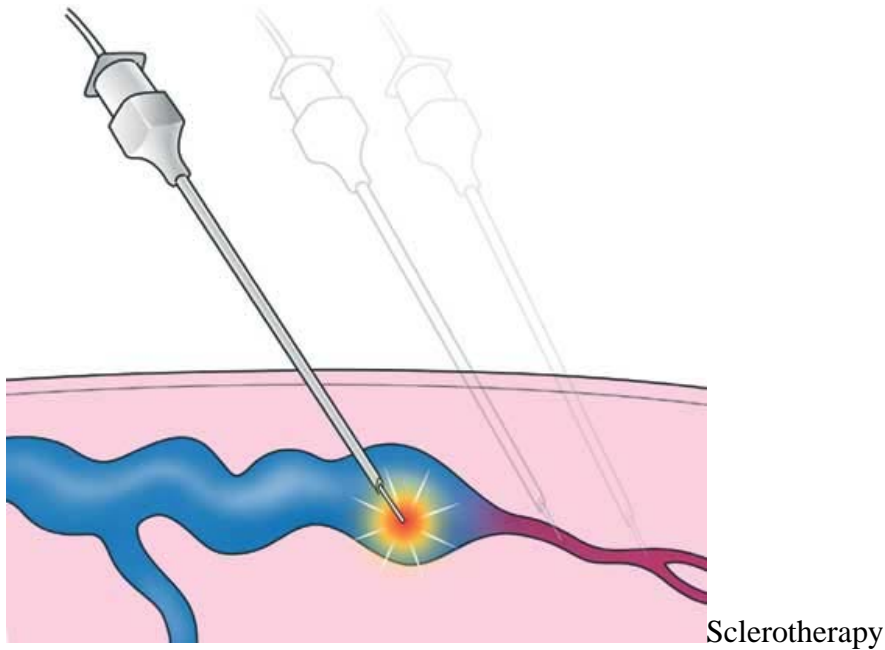


Incompetent valves

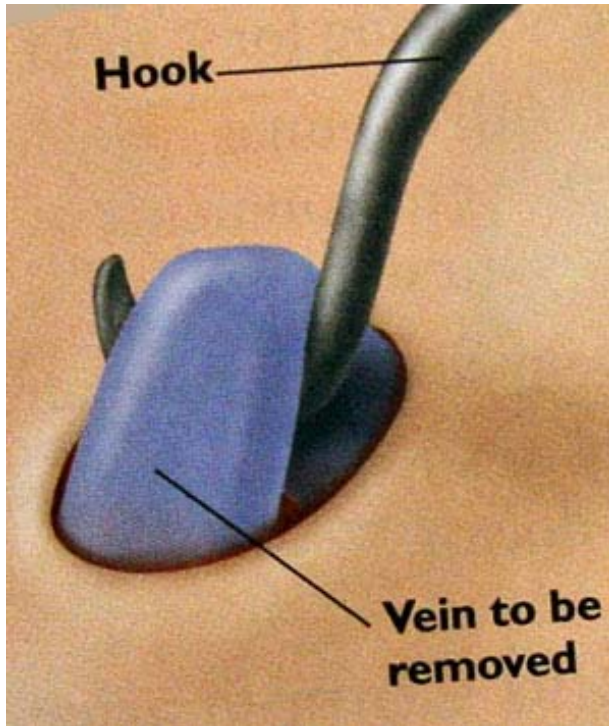
What are the Medical Treatment Options?

A conservative treatment is support stockings to be put on before getting out of bed in the morning and worn all day. This will not make the veins go away, but will provide symptomatic relief.

Injection of medications into veins is called **sclerotherapy**. The medicines used in sclerotherapy act upon the inner lining of the vein walls to gradually cause them to seal shut.



Ambulatory phlebectomy is the treatment of choice for isolated bulging varicose veins. In this procedure tiny incisions are made and the varicose veins are literally “fished-out “ using surgical hooks. It is done in a treatment room in the office using local anesthesia. No suture are used.



Ambulatory Phlebectomy

The above treatment modalities treat what is apparent to naked eye of the patient and the doctor, but does not treat the root of the problem. To cure the varicose veins effectively and stop them from coming back in the same location, one must remove the roots. "***Stripping and ligation***" is classic but invasive surgery to tie the veins shut and remove them from the leg. It will certainly remove those veins that are operated on but will leave scars from the incisions and because of the trauma to the surrounding tissue, requires a two week recovery time. Endovenous Laser Treatment (***EVL***) on the other hand is less traumatic, and less invasive.

In ***EVL***, a small laser fiber is introduced under ultrasound guidance into the leaking, malfunctioning saphenous vein and strategically positioned. The laser beam is then pulsed as we pull down the fiber, sealing the saphenous vein shut in the process. This is done using local anesthesia and has can be done with no incisions. Patients go home immediately after the procedure and can return to work the next day.



EVLT

We believe that varicose vein treatment should only be performed after a thorough evaluation by a qualified vascular surgeon. At Dr. Al Rustom's Medical & Day Care Surgery Center , treatment of varicose veins is provided by Dr. Asad R. Shamma, an American Board Certified Vascular Surgeon. Dr. Shamma has 23 year experience in treating vein problems and has pioneered many vein treatment techniques.