

LaBella Mía Med Spa

10 REASONS TO FIX YOUR VEINS

by John P. Landi, M.D., FACS, RPVI

Varicose veins, spider veins, venous ulcerations and chronic venous insufficiency are common problems that affect millions of people worldwide. Only in the last few years has the treatment for all of these conditions changed drastically. In the past, the only treatment for varicose veins was a relatively radical surgical procedure called Ligation and Stripping which required multiple incisions and multiple stitches resulting in a leg that traded veins for scars. As far as spider veins were concerned, the only treatment was a painful injection of a saline solution which caused side effects consisting of burning, ulceration and brownish discoloration. Chronic venous insufficiency and venous stasis ulcers were treated in the past only with support stockings and topical cream.

Fortunately, the treatment for these conditions has improved and now there are minimally invasive, state-of-the-art techniques available to treat varicose veins, spider veins, venous insufficiency, and venous ulcerations. With the advent of laser and radio frequency closure procedures for varicose veins, the new techniques for foam sclerotherapy of spider veins and the recognition of perforating veins as the cause of venous stasis ulcerations and venous insufficiency, vein treatment has changed dramatically. In fact, Phlebology, the treatment of veins, has become its own specialty area with certification boards. When looking for someone to treat vein problems it is imperative to seek only a doctor who is Board Certified in Phlebology and who has expertise in advanced Ultrasound techniques. Because of the advancement in treatment of venous disease, it is highly recommended that you consider repairing problem veins for the following reasons:

1. If you experience aching, cramping, burning, itching, swelling or heavy sensations in your legs. These symptoms

may all be related to malfunctioning veins or more importantly, valves, which control the flow of blood from the feet to the heart.

2. Ulcerations in the skin around the ankles. This problem is usually caused by increased pressure in the veins, especially around the ankles. This is called Venous Hypertension and Chronic Venous Insufficiency and is usually caused by a condition

referred to as Perforator Vein Insufficiency. This can be diagnosed by a venous ultrasound and treated with Laser Therapy, Injection Sclerotherapy, or Ultrasonic Guided Sclerotherapy.

3. Brownish discoloration of the legs, especially around lower calves and ankles. This is a chronic condition affecting many people. It is usually associated with leg swelling and other symptoms of cramping and aching. Often times a back up of blood in the veins leads to swelling and weakening of the skin resulting in the discoloration.

4. Phlebitis – a clot in the vein. There are two kinds of Phlebitis: Superficial Phlebitis, affecting the veins immediately

under the skin and Deep Phlebitis or Deep Venous Thrombophlebitis, the more dangerous of the two which causes clots in the deeper veins possibly resulting in pulmonary embolism.

5. Restless legs. Radio and T.V. advertisements about restless legs lead consumers to believe that the only treatment for this symptom is high priced medications with multiple side effects. However, the majority of restless legs are due to underlying vein disorders and many times are caused by Reflux or Incompetence of the valves in the veins, causing a back up of blood in the venous circulation resulting in cramping, aching and restless legs. This could and should be documented and diagnosed by a Venous Ultrasound.

6. Varicose Veins “bulging rope-like veins” appearing in the leg. They are obvious to the naked eye and in order for them to be present there is almost always a malfunctioning valve associated with them.

7. Spider Veins “derive their name from the fact that they look like little spider legs.” They can vary from just a few veins to an extensive number of veins. This condition is usually due to valves not working properly. They can be treated with either Injection Sclerotherapy or a combination of Valve Closure and Sclerotherapy. It should also be noted, that spider veins alone can cause significant symptoms of aching, cramping and heaviness.



8. Bleeding from a vein. At least once a month a patient presents to my office with spontaneous bleeding caused by either a varicose vein or a spider vein. Sometimes this can occur from localized trauma but usually occurs randomly and spontaneously. An absolute indication for treatment of veins is bleeding. Any varicose or spider vein has the potential to cause bleeding, especially those that are thin and very close to the skin.

9. If your children or grandchildren look at your legs and ask, "Mommy or Grandma, what is wrong with your legs, do you have a disease?" This is as strong an indication as any to have a vein specialist evaluate your legs.

10. If people stare at your legs when you wear shorts or go to the beach, making you self-conscious of your bulging or spider veins. Don't think that people don't notice your legs, especially in Florida where we wear shorts most of the year. If you find people are staring at your legs, why not have them (your veins) evaluated?

I have listed ten reasons, all medically true and some simply facetious. The bottom line is, however, if you have symptoms or physical findings of veins not working, then it is prudent for you to have an evaluation. You will find that there are procedures that are easy to perform, with little down time and are office based that provide you with excellent results. Always seek care from a board certified Phlebology specialist and someone who is well versed in venous ultrasound.



Dr. Landi is Board Certified by the American Board of Phlebology and is a Fellowship trained Vascular Surgeon. He has been performing vein surgery for over 25 years and laser vein surgery for over 8 years. He is the medical director of the Vanish Vein & Laser Center, a state-of-the-art vein center located in Naples, and has performed more than 8,000 laser vein procedures. He is also certified by the American Registry for Diagnostic Medical Sonography as an RPVI, a (REGISTERED PHYSICIAN IN VASCULAR INTERPRETATION.) You can contact him at 239-403-0800.