

# Procedure can ease painful, unsightly veins

Naples doctor, clinic also provide various spa treatments

story by **amy sowder**  
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In the darkened exam room, the doctor peered through his head lamp magnifier at his patient's thigh as he slid his syringe into the web of spider veins.

Foamy, clear liquid darted just beneath the skin, flooding and erasing the thin red lines, creating a more even-toned shade of skin.

"Does that hurt at all?"

Dr. John P. Landi asked his patient as he worked. She said no.

About 30 minutes of the vascular and general surgeon's injections and the woman's spider veins disappeared. Landi then wraps the area in support hose or Ace bandages.

That's one of several outpatient procedures Landi performs at Vanish Vein and Laser Center in Naples. It's where men and women go to get rid of unsightly ropy varicose

veins and spindly spider veins.

It's not always a simple cosmetic concern that draws people to his office.

Mary Elizabeth Conrad, who goes by Beth, had a severe case of varicose veins caused from heredity and 30 years on her feet as a teacher. The pain was so bad that if she shopped and made platters for a dinner party, by the time the dinner rolled around, she was exhausted. Her ankles were swollen.

"My legs felt like they weighed 1,000 pounds each," said Conrad, 61, of Bonita Springs.

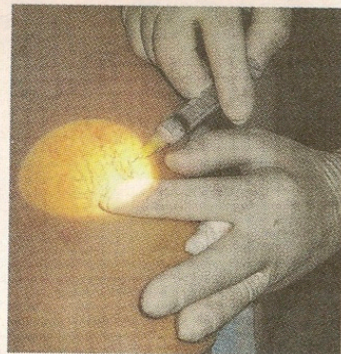
Nothing Conrad tried worked until she found Landi. After the ultrasound revealed her vein trouble spots, Landi first dealt with the root of the problem by closing her malfunctioning vein valves with laser ablation.

Before ablation's advent in 2002, doctors did stripping or ligation, a surgical procedure requiring a lot of incisions, stitches and a long recovery time.

"It was a trade-off of veins for scars," he said.

But not anymore. In a few more visits with Conrad, he then treated the

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Amy Sowder / Coastal Life

Dr. John P. Landi injects a foam solution into the spider veins on a patient's leg at the Vanish Vein & Laser Center, 20 10th St. N., Naples.

"I'm able to exercise more and longer. I don't have pain and swelling any longer. For me, it was an all-around win-win."

— Mary Elizabeth Conrad



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superficial spider veins with sclerotherapy by injecting a solution to collapse the veins. Now Conrad is going on walks and bicycle rides.

"I said to him the other day, 'You have no idea how this has enhanced my life,'" Conrad said. "I'm able to exercise more and longer. I don't have pain and swelling any longer.

For me, it was an all-around win-win."

Landi has seen about 1,000 patients a year since opening his medical center in 2002. Three years later, he added La Bella Mia Medical Spa in the same 11,000-square-foot building, both decorated with Old-European-style columns and murals. **[CL]**

### *if you go*

**What:** Vanish Vein & Laser Center and La Bella Mia Medical Spa

**Where:** 20 10th Street North, near Central Avenue in Naples

**Center treatments:**

laser vein ablation, venous closure, percutaneous ultrasonic directed sclerotherapy, foam sclerotherapy, as well as microphlebectomies and venous stasis ulcer treatment.

**Spa services:** perma-

nent makeup, scar removal, massage, full-service hair salon, manicures and pedicures

**More information:** Call 403-0800, visit [vanishvein.com](http://vanishvein.com) or [labelamiaspa.com](http://labelamiaspa.com)