

Modern Vein Treatment with Sclerotherapy... “The Secret to Beautiful, Vein-Free Legs!”

If you think it's painful... If you think Lasers or creams work better...

Read on to find out how to vanish spider and isolated bulging veins

It's a beautiful summer morning, but you're lying in bed praying for rain, dreading the sound of the alarm clock. Why is that? Well, today is the day of your annual corporate picnic or church outing. You quickly remember how self-conscious you were last year wearing a pair of pants to cover up your unattractive spider and varicose veins. You proceed to put on a pair of summer shorts and remember in sheer horror how embarrassed you were the last time you wore those shorts out with your family. Who could forget when you overheard that little boy innocently say to his mother, "Mommy, why does that lady have all those funny lines on her legs?" Frustrated, as you put on your best "sore throat" voice and dial the phone to cancel yet another summer outing, you say to yourself, "I can't keep living like this! There has to be a way to get rid of these embarrassing spider and varicose veins!"



Does this sound familiar?

Are you tired of trying to hide your unsightly varicose veins or unattractive spider veins under a long dress or pants?

Do you avoid wearing shorts or a bathing suit because of how they make you feel?

Are you like millions of women today who avoid the latest styles of sexy clothes because of the appearance of their legs?

If you answered yes to any of these questions you're not alone. In fact, you share the same frustrations that at least half of the adult female population in the U.S. endures everyday when it comes to their legs.

What Are Spider and Varicose Veins?

Spider veins - known in the medical world as telangiectasias are small, thin veins that lie close to the surface of the skin. Although these super-fine veins are connected with the larger venous system, they are not an essential part of it. A number of factors contribute to the development of spider veins, including family history, pregnancy and other events that cause hormonal shifts, weight gain, occupations or activities that require prolonged sitting or standing, and the use of certain medications. Spider veins usually take on one of three basic patterns. They may appear in a true spider shape with a group of veins radiating outward from a dark central point; they may be arborizing and will resemble tiny branch-like shapes; or they may be in a simple linear pattern and appear as thin separate lines.

Visible blue veins that do not bulge, but are unpleasant to the eye, are called **reticular veins**, and can also be treated with sclerotherapy. Often these veins are seen feeding a network of spider veins and should be treated in a separate session before the overlying spider veins are treated. Visible reticular veins that are unpleasing to the eye can also be treated with injection therapy even if they don't give rise to visible spider veins. These reticular veins are commonly seen behind the knee.

Varicose veins differ from spider veins in a number of ways. Varicose veins are **larger** - usually more than a quarter-inch in diameter, darker in color and tend to **bulge**. Bulging veins tend to signify a greater degree of venous insufficiency. You will need a thorough evaluation and an **ultrasound** of your legs to find and treat the underlying source of the problem before your visible veins can be treated. For some patients, sclerotherapy can be used to treat varicose veins only if no underlying deeper venous disease is found on your initial exam.



All abnormal veins share a common set of causes. Trauma to the leg, long periods of sitting and standing still, pregnancy, and family history all play a role in the development of abnormal veins. Blood pools in these surface veins, sometimes flowing backwards, and the walls then stretch beyond repair. These wider veins then become discolored by the stationary blood inside them. If the blood inside is under a considerable amount of pressure, then these veins may bulge as well.

Sclerotherapy – the Safe Treatment of Abnormal Veins



Sclerotherapy or injection treatment of abnormal veins has been practiced worldwide for decades. In the last 15 years, we've seen the greatest advances in Sclerotherapy technique that has made the procedure safer and more effective than ever. Sclerotherapy involves the use of a series of very fine injections of a solution directly into the affected veins. This therapeutic liquid solution causes the affected veins to first seal shut, then collapse and slowly fade away over a few weeks.

This therapy is performed in our office on an outpatient basis with the largest and deeper veins being treated first, followed by the smaller veins. A typical therapy session lasts about 20 to 30 minutes, depending on the severity of the condition.

After a few short sessions you will begin to notice that the skin of your legs appears younger, clearer and more healthy-looking as you're varicose and spider veins begin to disappear. In just a matter of weeks, if you're like many of my patients who have been wearing long skirts and slacks to hide their leg veins, you'll now be able to broaden your fashion horizons.

In fact, since Sclerotherapy is a non-surgical procedure, you won't be left with the scars that result from most surgical procedures and you'll be surprised at the dramatic difference in appearance between a treated leg and an untreated one.

Older sclerotherapy treatments were painful. The needles were stiff and the solutions very caustic. Many people had side effects. Now, we have discovered weaker, yet more effective agents that can close the veins nearly painlessly! Also, thinner, more flexible needles are used that are barely noticeable. We have had numerous patients **fall asleep** during their sclerotherapy treatments!

For the deeper reticular veins, we use illumination to identify and treat the veins that feed the spider complexes. This device is called the **Veinlite** and results in the most effective treatments of these veins to date.



Vein Treatment Q & A

Q. Who Is The Best Candidate For Sclerotherapy?

A. Sclerotherapy can successfully treat large and small vein problems with both women and men being a good candidate. In fact, studies show 85% of all vein problems can be successfully treated with Sclerotherapy alone. A determination as to how effective Sclerotherapy would be in your case however is best determined after a thorough leg examination. If you are pregnant or breastfeeding, you should postpone Sclerotherapy treatment until you given birth and have stopped breastfeeding. Spider veins in men aren't nearly as common as they are in women. However, Sclerotherapy is just as effective for men who seek treatment as well.

Q. Are The Treatments Painful?

A. These treatments are usually not painful and do not require anesthesia. Some patients may experience a slight burning or tingling sensation at the individual injection sites, lasting only a few seconds. For people with extremely sensitive skin, a topical anesthetic can be used over the treatment area before the actual injections are administered.

Q. Once My Varicose or Spider Veins Are Gone Where Does The Blood Now Go?

A. Because there are many veins in the leg, after the affected veins are closed the blood that would have flowed through them simply flows through other healthy veins after the procedure. Therefore, the loss of the diseased vein is not a problem for the body. In fact, Sclerotherapy is not only cosmetic "maintenance" but it also improves circulation, with many patients noticing an improvement in leg heaviness and discomfort because the dysfunctional veins are no longer hindering blood flow.

Q. Will I Get New Leg Veins and If So What Can I Do To Help Prevent It?

A. Effectively treated veins should not grow back. However, although Sclerotherapy will get rid of the noticeable veins, it's important to remember that for some patients, varicose and spider veins are a recurring problem and treatment will not prevent new veins from emerging in other areas in the future. Therefore, to help prevent the formation of new veins, regular exercise including walking, jogging and bicycle riding has been found to promote healthy circulation and also slows the development of new varicose and spider veins. Additionally, diet and lifestyle can also compliment exercise. There are other things you can do to promote good leg vein health, including:

- Maintain ideal body weight
- Eat a high fiber diet to prevent constipation
- Elevate your legs at bedtime (about 6 to 12 inches above the heart)
- Explore natural alternatives, such as Massage Therapy and dietary supplements (vitamins C and E, for instance, may help relieve swelling and other symptoms of poor circulation)
- Avoid crossing your legs

Although these measures are the best defense against the spread or development of new vein problems, we cannot alter the causes of your vein problems nor can we avoid heredity or aging. Therefore, as time passes, you may find that you need "touch-ups" for new veins that surface.

Q. What Can Happen If My Veins Aren't Treated?

A. Varicose veins generally worsen over time, while spider veins are more cosmetic in nature. Initially, slight pain and restlessness in the diseased leg will be felt. If untreated, this pain can increase, resulting in limitations in walking and cramps during sleeping. Eventually, varicose veins can lead to swollen legs, ulcers on the foot and leg (open sores), blood clots and phlebitis. Therefore, the ideal time for treatment is early so that future complications and possible surgery can be avoided.

Q. How Many Treatments Are Necessary Before My Legs Are Mostly Vein-Free?

A. The number of treatments needed varies greatly from patient to patient and depends on the severity of your condition. On average, at least 3-4 visits are usually required. Almost nobody will benefit from just a single vein treatment. On most occasions, veins are narrowed but not completely closed in the first treatment. The follow-up visits every 3-6 weeks will further close down the veins for good!

Q. Okay, But Will I Be Forced To Miss Time From Work?

A. As mentioned earlier, a typical therapy session lasts about 20 to 30 minutes depending on the severity of your condition. Following a treatment session, most patients immediately return to work and resume normal activities but are asked to wait 24 to 48 hours before participating in running or high impact aerobics. After treatment is complete, the treated leg may require the use of support stockings, and a mild regimen of walking is recommended.

Q. What Are The Possible Side Effects?

A. Because Sclerotherapy is non-invasive, serious medical complications are rare when a qualified practitioner performs the procedure. Some common minor complications of these procedures include temporary bruising, mild itching or tenderness in the treated leg after the treatment.

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Q. How Much Does Treatment Cost and Will My Insurance Cover It?

A. Since every condition is different, with some cases being more severe than others, the cost depends on how many treatments are actually necessary for your particular problem. Unfortunately, many insurances consider spider vein treatment as a purely cosmetic procedure and therefore is not usually covered. For your convenience, I have the friendliest staff you will ever meet and they can help you determine whether your insurance plan will cover treatment. In the case of no insurance coverage, our treatments are priced affordably. Ask about 12-month interest-free financing for packages of 4 or more treatments.

Q. My Dermatologist is offering Laser Treatment of Spider Veins. How is that Different?

A. There are numerous laser and pulsed light devices marketed to treat spider and some reticular veins. These devices work by delivering an intense blast to the vein that is absorbed as heat energy by the vein and the surrounding skin. The blood and vessel walls heat up and swell shut. If the vein does not reopen, it will be eliminated by the body. Lasers can only treat a very small area at a time. The energy is also absorbed by the skin making each laser pulse potentially **more painful** than sclerotherapy. Finally, these laser pulses are potentially harmful to the skin and can cause skin burns and even scarring. So, in general, lasers work slower, are less effective, less precise, more painful, and even potentially more harmful to the skin than modern sclerotherapy.

Q. How can I judge the qualifications of a Vein Treatment Specialist?

A. You need to ask lots of questions. If the doctor seems to do vein treatment "on the side" for a little extra income, or still uses saline injections, then he/she may not have the latest knowledge about modern vein treatment. Do they thoroughly examine your leg and offer ultrasound evaluation if bulging veins are present before proceeding with treatment? Remember, the field of vein treatment has changed dramatically over the last 10-15 years. Membership in the American College of Phlebology is another good sign. They keep vein treatment specialists up to date. Dr. Zengo is the only physician member of the American College of Phlebology between Lawrenceville, GA and Greenville, SC [source: ACP website February, 2008]. Your doctor should also have plenty of "before and after" photos of his/her own patients for you to review. You can view some of ours on the next page. We at New Image have a **passion** for vein treatment; we don't do it as a side "hobby". Dr. Zengo has over **7 years of experience** in vein treatment, and has performed hundreds of successful cases.

Our Results – Vein Treatment with Sclerotherapy



*Why continue to suffer embarrassment?
Schedule you appointment today and start showing off
your new legs in a few months!*