



**Dr. Martin Braun is a Diplomate of the American College of Phlebology. He would like to share some good news about troublesome leg veins.**

## NOW'S THE TIME TO GET SEXY LEGS

Nothing can spoil a pair of fabulous legs more than unsightly veins. Unattractive legs plague 80% of women. Putting on a pair of shorts or a skirt should not be depressing. If you want your gorgeous gams back, there is no need to suffer from debilitating and painful surgical treatments. With modern technology, these veins can be eliminated without any surgery, scars, or downtime." *Now's the time...*

Veins carry the blood from the tissues, back to the heart and then to the lungs. There are two kinds of veins: the deep veins and the superficial veins. All veins have valves that prevent the blood from going back into the tissues. When those valves and/or the walls of the veins weaken, the blood pools, which in turn stretches the vein wall and makes it more prominent. The superficial veins can be seen through the skin and are the ones that can become the varicose veins. They are bulging, dark purple or blue in colour and four millimetres or larger in diameter. Reticular veins are the unsightly blue veins under the skin that are two to four millimetres in diameter. Spider veins are the reddish tiny vessels that are less than two millimetres in diameter.

Problematic veins can cause a plethora of symptoms in the legs including a heavy sensation, numbness, itching, aching, restless legs, rashes, pigmentation, and, ultimately, skin destruction or ulceration. Factors that exacerbate the venous problems are prolonged standing, sitting and pregnancy.

Excessive weight has very little influence on the development of varicose veins; your genetic heritage has the most influence. If one parent has varicose veins, your chance is 50% of developing them. If both parents have varicose veins, your odds increase to 90%. The only non-invasive treatment for varicose and spider veins is to wear compression stockings and walk a lot. In the past, the compression stockings were somewhat unsightly, but today they come in a variety of colors and fabrics, and look very similar to regular stockings. Some people wear them every day, as their legs feel much better. The best compression stocking is fitted for the patient's leg using exact measurements, and not simply "bought off the shelf."

Surgical stripping was the recommended treatment for varicose veins for decades. This was effective, but left the patient with scarring, pain, down time, and a relatively high recurrence rate. In fact, about 50% of varicose veins return with surgical stripping. And while stripping is relatively safe and is still being used, the unsatisfactory results have led to the development of more effective vein procedures.

Using the latest ultrasound technology, the entire venous network of the leg can now be mapped. Poorly functioning valves are indentified with backflow of blood, and those veins can then be targeted for an ultrasound guided foam treatment. During this procedure, a needle is inserted into the main affected surface vein. This is the only part of the procedure which might cause some discomfort, and it is usually performed with a small amount of local anaesthetic. The position of the needle is carefully monitored using ultrasound imaging so that it is in exactly the right place. next, the foam is injected while watching the progress using the ultrasound machine. surprisingly, injecting the foam causes no discomfort, although the leg may ache slightly afterwards. In the next few weeks the veins collapse and are absorbed by the body over time. Compression stockings are then used for two days to make sure that the vein walls stay collapsed. Patients usually require three to six treatments at weekly intervals to close all the varicose veins. With proper follow up, the success rate for closure of incompetent veins approaches 100%. Once the larger veins have been treated, we then perform sclerotherapy or laser treatments on the remaining reticular and spider veins, although some of those also would fade following the ultrasound guided treatments.

**\*\*\*  
Complimentary  
consultation during  
month of March 2011.**



vancouver  
laser & skin care  
centre inc.

fairmont medical building  
309-750 west broadway, vancouver, bc v5z 1h2  
t. 604.708.9891 | e. [info@vancouverlaser.com](mailto:info@vancouverlaser.com)  
[www.vancouverlaser.com](http://www.vancouverlaser.com)