

Nothing can spoil a pair of fabulous gams more than unsightly veins. Unattractive legs plague 80% of women. Putting on a pair of shorts or a skirt should not be depressing. According to Dr. Martin Braun, of Vancouver Laser and Skin Care, "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 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 in 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, whereas 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.



Sexy Legs

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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."

*"Everybody wants them, and if you've got them, you should do everything you can to keep them looking great!"*

For decades the recommended treatment for varicose veins was surgical stripping. 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 identified 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. At Vancouver Laser and Skin Care, Dr. Braun says, "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." ■

In 1996, Dr. Martin Braun co-founded the Vancouver Laser and Skin Care Clinic with his wife, Dr. Susan Braun. As sincere practitioners with a sense of warmth and fun, Drs. Martin Braun and Susan Braun have made an exceptional and unique team. Dr. Braun has the distinction of being the first doctor in Canada to perform laser hair removal, over 14 years ago.

With their vast amount of knowledge and experience, and a well known international reputation, the Brauns offer personalized workshops for doctors. The Brauns are particularly creative in finding innovative solutions to treat a variety of aesthetic conditions. They are committed to bringing clients clinically-tested breakthrough vein treatments, botox, filler, laser hair removal and laser skin treatments that best combat the signs of age, stress, and genetics, without the high costs, risks and downtime of surgery.

At the Vancouver Laser and Skin Care Centre, warm and friendly staff work with the doctors to provide the individual attention, instructions and follow up that are essential to achieving results. For more information on the most effective, non-invasive aesthetic treatment options available today, go to [www.vancouverlaser.com](http://www.vancouverlaser.com).



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