

# What you need to know about Vein Disease



## Your wellness is our priority.

The Vein Center of St. Paul Radiology is staffed by Interventional Radiologists who are certified by the American Board of Phlebology. They are proud to provide you with answers to questions you may have about varicose veins, spider veins or other vein issues. The Vein Center is a state-of-the-art facility providing the latest technological advances in vein treatment.



### What is vein disease?

Veins return blood to the heart & lungs using pressure as well as valves that prevent the backward flow of blood. Healthy valves close tightly, while unhealthy valves fail to close completely. If you have unhealthy valves, backflow can result in dilation & blood pooling inside the vein, leading to a medical condition called venous insufficiency. Venous insufficiency can lead to the development of small spider veins on the skin's surface or varicose veins which are large and distended. About 40 million people in the United States have vein disease.

### What causes vein disease?

Heredity is the most common predisposing factor for the development of varicose or spider veins. Women are three times more likely than men to have varicose veins. It is common for pregnant women to develop varicosities that improve after delivery, however, with multiple pregnancies, abnormal veins are more likely to remain. Other risk factors include age, obesity and standing occupations. Symptoms are variable and can include leg pain, swelling, fatigue and itching.

### How is venous insufficiency diagnosed?

During your initial office visit, an ultrasound exam is performed. Your veins are examined to determine the underlying cause of your symptoms. A physician will discuss the ultrasound results with you and recommend a treatment plan.

### Why should I have my procedure performed at the Vein Center of St. Paul Radiology?

The physicians here have been at the forefront of bringing minimally invasive treatments for vein disease to the Twin Cities and are recognized nationally as experts in the use of catheter-based treatments for varicose veins. The Vein Center of St. Paul

Radiology serves as a training site for physicians interested in observing minimally invasive varicose vein treatments.

### How long will it take before I see results or improvement in my symptoms?

People who are experiencing pain or fullness in their legs usually notice less pain in 7-10 days. It is common for people to see some resolution of physical signs in 4 weeks, but it can take up to 6 months before full results are evident.

### What treatment options are available at the Vein Center?

The Vein Center of St. Paul Radiology offers several treatment options:

#### Endovenous Ablation

The saphenous vein is a large superficial vein in your leg that can develop venous insufficiency or saphenous vein reflux. This problem is treated with endovenous ablation. This is a minimally invasive, catheter-based technique performed in the Vein Center under local anesthesia. Through a small IV in the leg, a catheter is inserted into the vein causing the vein to scar, collapse and reabsorb into the body. Blood is then re-routed through healthy veins. The Vein Center of St. Paul Radiology offers Radiofrequency (VNUS Closure™) and endovenous laser techniques. After the procedure, you will be placed in compression stockings to wear during your recovery.



[VeinCenterStPaul.com](http://VeinCenterStPaul.com)



# SET YOUR LEGS FREE!

Ever since I had my spider vein treatments, I no longer hide my legs behind my pants. **SET YOUR LEGS FREE** with varicose and spider veins treatments that are quick, minimally invasive, and covered by most insurance. It's so easy, you'll be back on your feet in about an hour.

*Feel Good. Look Better.*

**VeinCenterStPaul.com**

## Ambulatory Micro Phlebectomy

This procedure is designed to remove varicosities through tiny incisions. This is performed at the Vein Center under local anesthesia.

## Sclerotherapy

This method treats spider veins or varicose veins. A solution is injected into the vein causing the lining of the wall to scar, collapse and reabsorb into the body. The treatment is performed in the office and no anesthesia is required.

## What kind of follow-up care will be provided?

You will be scheduled for a brief follow-up ultrasound 5-7 days after your procedure. One month later, you will be asked to return to see the physician and you will receive another follow-up ultrasound exam. Your final visit will take place 6 months after your procedure.

## How do I know if I am a candidate for a procedure?

Not everyone who has varicose veins will have saphenous vein reflex. You must schedule an initial ultrasound and consultation to diagnose the cause of your vein problems. Once diagnosed, the physician will discuss treatment options.

## Will my insurance cover this procedure?

Many insurance companies are covering the treatment of vein disease when it is associated with symptoms such as pain, heaviness, fatigue or swollen ankles. You will need a referral when you come to the clinic if your insurance company requires one from your primary physician. If you are a candidate for a procedure, the Vein Center will obtain prior authorization from your insurance company.

## Can I have endovenous ablation if I have had vein stripping surgery?

Sometimes during vein stripping surgery, the saphenous vein in the thigh is not completely removed. Over time, that vein stops functioning properly and new varicose veins appear. If varicosities occur after vein stripping surgery, an ultrasound evaluation can diagnose the cause of the varicosities. If the saphenous vein is still present, endovenous ablation can be performed.

## Highlights of the endovenous ablation procedure:

- Relief of symptoms
- Short recovery
- Resume normal activities within 1-2 days
- Local anesthesia
- Good cosmetic outcome with minimal or no scarring

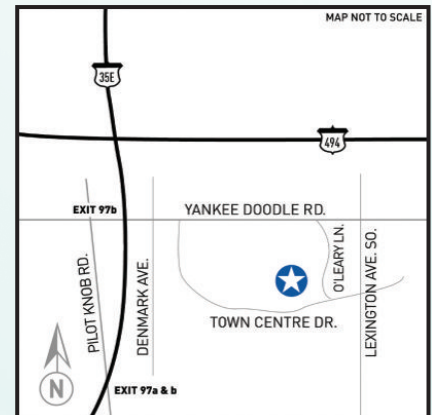
## For more information, please check out these websites:

- www.treatveins.com
- www.evlt.com
- www.vnus.com
- www.veindirectory.com
- www.sirweb.org
- www.phlebology.org

If you have additional questions, please contact the Vein Center of St. Paul Radiology scheduling department at

**651.456.1350.**

## Vein Center Location



**VEIN CENTER OF ST. PAUL RADIOLOGY  
1185 TOWN CENTRE DRIVE, SUITE 145  
EAGAN, MN 55123**

## Appointment

Name: \_\_\_\_\_

Location: \_\_\_\_\_

At: \_\_\_\_\_ : \_\_\_\_\_ On: \_\_\_\_\_ (Day), \_\_\_/\_\_\_/\_\_\_ (Date)

