



Bothersome Leg Veins and Available Treatments

By John V. Dunne, MD, FACS

Almost 50% of men and women in the US suffer from some type of vein problem – that's approximately 80 million Americans! Leg veins are the most common and include the larger, sometimes

bulging varicose veins and the thinner web-like spider veins. Some people have leg pain or aching which prevents them from doing things they love and most don't like the way varicose and spider veins look. And some leg veins are a sign of a more serious health problem.

Thanks to advancements in technology and phlebology (the study of veins), vein specialists can treat leg veins successfully in-office, with little discomfort and essentially no down time. Therapies beyond exercise and compression stockings that work include:

Sclerotherapy (for spider and varicose veins)

The doctor injects a chemical into the vein with a small needle to force it to seal shut, reabsorb and disappear.

Endovenous Laser Ablation (for varicose veins)

The doctor inserts a laser fiber into the vein, heating it and causing it to collapse, shrink and disappear.

Important things to consider if you are seeking treatment:

- Have a board-certified vein specialist examine your legs
- Have an ultra-sound evaluation by a registered vascular technician in an accredited vascular laboratory
- Ask about insurance - Medicare and most plans cover some vein procedures.
- Follow your doctor's post-treatment advice

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