

Varicose veins - Latest treatment options

Facts versus Myths

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Chronic Venous Insufficiency

Goodbye vein stripping. Welcome RF ablation

Myths

1. Varicose veins are not hereditary.
2. Spider veins are varicose veins.
3. Only women get varicose veins after childbirth.
4. Being overweight and sedentary will not worsen varicose veins.



5. Varicose veins do not predispose to blood clots.

6. Varicose veins are a cosmetic issue and need no treatment.

7. Varicose veins do not lead to any serious medical problems..

Facts

1. Varicose veins are hereditary. Your chance of getting varicose veins is greater than 90% if both your parents have varicose veins and about 50% if one of them have it. .

2. Spider veins, like varicose veins, are caused by dysfunctional vein valves. However, spider veins appear as a nest of blue or red veins just under the surface of the skin.

3. Men are at risk for experiencing varicose veins as well as more severe signs and symptoms of CVI. In fact, 43% of

Treatment of CVI is medically necessary and covered by most insurances. It is not a cosmetic procedure.

men are expected to develop venous disease by the time they reach their 60s .

4.

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Cardiologists are best suited for venous procedures since they have better understanding of vascular disease and better experience maneuvering catheters within the vascular system to which the veins belong.

Because varicose veins can progress to a more serious medical condition called CVI, many insurance plans will cover treatment of varicose veins.

4. Being overweight often contributes to the formation of varicose veins. Regular exercise is advised to lower venous back pressure.

5. Since varicose veins are dilated and hold a lot of blood which has to flow towards the heart against increased back pressure, slow flow and stagnation can lead to blood clots in these veins.

6. Varicose veins and spider veins are signs of underlying chronic Venous Insufficiency (CVI), disorder that can lead to serious signs and symptoms if not treated, including leg pain, swelling, restlessness, skin damage and ulcers.

7. CVI can lead to skin damage, pigmentation, chronic ulcers that do not heal unless underlying CVI is corrected..



Self-Assessment

History

Have you ever had varicose veins?

Varicose veins are large, bulging veins, as opposed to spider veins, which are thin, branching veins just beneath the skin's surface.

Yes No

Signs and Symptoms

Do you experience any of the following signs and symptoms in your legs or ankles?

Leg pain, aching or cramping

Burning or itching of the skin

Leg or ankle swelling, especially at the end of the day

"Heavy" feeling in legs

Varicose veins

Skin discoloration or texture changes, such as above the inner ankle

Open wounds or sores, such as above the inner ankle

Restless legs

Risk Factors

Has anyone in your blood-related family ever had varicose veins or been diagnosed with chronic venous insufficiency or venous reflux?

Yes No

Have you had any treatments or procedures for vein problems?

Yes No

Do you stand for long periods of time, such as at work?

Yes No

Do you frequently engage in heavy lifting?

Yes No

Have you ever been pregnant?

Yes No

If you answered YES to most, you probably have CVI. See a vein specialist in your area.

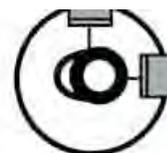


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