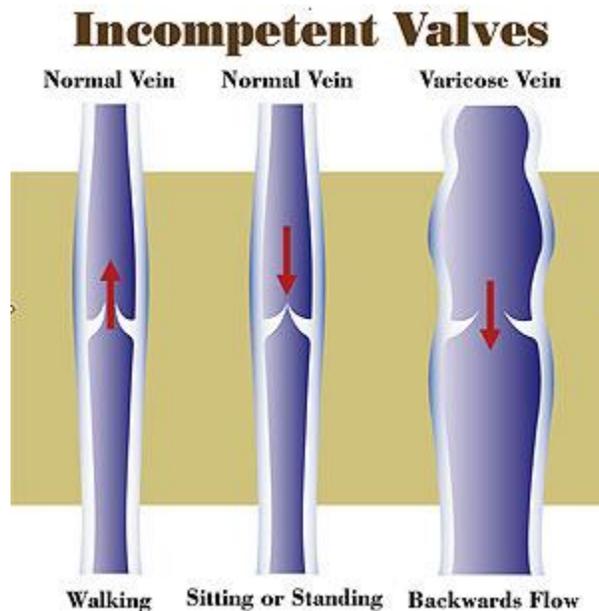


Love your legs again

Varicose Veins

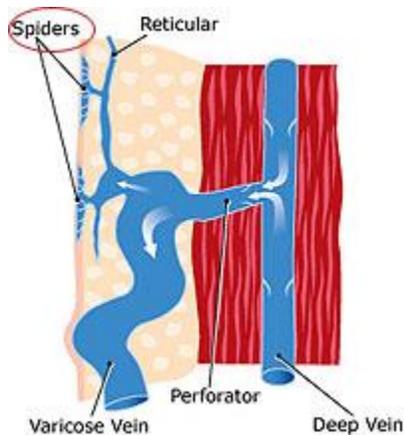


Veins are the vessels that return blood to the heart once it has circulated through the body (as opposed to arteries, which carry oxygen-rich blood from the heart to the body). Veins have one-way valves that propel blood in the proper direction. If these one way valves stop functioning properly, blood can flow backwards, called venous insufficiency. The backwards flow of blood causes "pooling" in the vein, causing it to stretch. This process of venous insufficiency leading to pooling and stretching results in varicose veins.

Varicose veins are swollen, dark blue or purple blood vessels that you can usually see and feel beneath the skin. They often look like twisted ropes, and usually appear on the thighs, calves, and ankles. Some patients with varicose veins are free from symptoms. Most however develop aching, throbbing, cramping and or pain that may indicate the need for medical attention. Sometimes, however, more significant problems including bleeding, ulcers, blood clots, pulmonary embolus, and or death can develop if abnormal veins are left untreated.

There are several treatment options to eliminate or reduce the varicose veins and relieve symptoms. Conservative measures are recommended first and these include self-care methods such as losing weight, keeping the legs elevated, and wearing compression stockings.

Spider Veins



Spider veins, also known as telangiectasias, are small, thin blood vessels visible beneath the skin. Most spider veins are caused by venous hypertension, which is high pressure in one portion of your venous system. They appear most commonly on the face or legs, and may look like a series of lines, tree branches or a spider web-like shape, with a red or blue color.

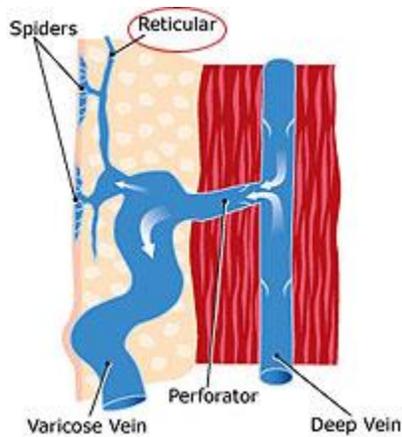
While most cases are purely a cosmetic concern, the appearance of spider veins may be a sign of a deeper venous insufficiency. For this reason, any underlying problem causing the spider veins must be addressed before treatment may begin.

If the ultrasound fails to show underlying venous insufficiency, then the spider veins are usually being formed due to genetic predisposition, pregnancy, or hormone replacement therapy.

There are multiple modalities used to treat spider veins. Combination therapy, which includes treating the spider veins with a laser or other non-chemical modality, followed by an injection of sclerosing solution into the associated reticular or “feeder” vein, is felt to be the most effective treatment regimen. This procedure is performed in the doctor’s office and takes approximately 20-25 minutes. Most patients require two to four treatment sessions in order to achieve their desired results.

At Excellence medical & skin care clinic , we use the most innovative modalities of spider vein treatment available today. These include pulse diode laser and radio-frequency ablation. These modalities are often used in combination with liquid sclerotherapy. Dr Shaikh will recommend which modality or combination therapy is best for you.

Reticular Veins



Also known as “feeder veins,” reticular veins are dilated veins that appear as blue or green lines under the skin, affecting as many as 80% of all adults. They are often large and unsightly and may sometimes lead to the development of spider veins. Some patients may experience tenderness, burning and itching in the legs, although these symptoms are considered rare.

Laser Treatment



Spider veins, also known as telangiectasias, are small, thin blood vessels visible beneath the skin. They appear most commonly on the face and legs, and may look like a series of lines, tree branches or spider webs. Spider veins are caused by a variety of factors, including heredity, pregnancy and weight gain, and are estimated to affect nearly half of all adult women in the north America. Some people experience painful symptoms such as aching, burning, swelling and cramping from spider veins, while others are bothered by their appearance.

Laser treatment for spider veins offers patients:

- Fewer side effects
- Less trauma
- Shorter treatment time
- Shorter recovery time
- Minimal downtime

There are several different types of treatment available for spider veins, including radio frequency and laser treatment. Both of these are FDA approved and are the newest vein treatments that eliminate the need for surgery. Veins just under the surface of the skin can be treated with a simpler laser procedure over the course of several treatment sessions.

Dr. Shaikh will decide which procedure is best for you after performing a physical examination, reviewing your medical history and general health.

Some of the benefits of radio frequency and laser treatment include:

- Safe, precise, effective and minimally invasive
- Performed in-office with no anesthesia needed
- FDA-cleared
- Procedure complete within 30 minutes
- No time off needed from daily activities or work

To learn more about vein treatment option & to discuss please contact :

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Leg Veins: Before & Post 4 Tx
Photos Courtesy of C. Arayo, MD



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Leg Veins: Before & Post 4 Tx
Photos Courtesy of C. Arayo, MD



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Leg Veins: Before & Post 5 Tx
Photos Courtesy of C. Arayo, MD