

RESTLESS LEGS

Restless legs syndrome (RLS) is a condition in which one's legs feel uncomfortable while sitting or lying down. The sensation can be bad enough that getting up and moving around may temporarily improve symptoms. Restless legs syndrome can begin at any age and worsens as you get older. Women are more likely than men to develop this condition. Restless legs syndrome can disrupt sleep, leading to daytime drowsiness, and make traveling difficult.

In many cases, no known cause for restless legs syndrome exists. Researchers suspect the condition may be due to an imbalance of the brain chemical dopamine. This chemical sends messages to control muscle movement. Other causes include heredity, pregnancy, peripheral neuropathy, varicose veins, iron deficiency, or kidney failure. RLS runs in families in up to half the people with RLS, especially if the condition started at an early age. Researchers have identified sites on the chromosomes where genes for RLS may be present.

In many people varicose veins can have overlapping symptoms and make legs ache. Symptoms of varicose veins also include tired, aching legs; there might also be leg swelling, cramping, and brownish discoloration. Legs can tingle, throb or itch. Purplish cords emerge along the backs or insides of legs, taking the joy out of skirts and shorts. Symptoms are worse after sitting or standing, or at the end of a long day.

Varicose and spider veins are extremely common. By 60, 75% of women and 50% of men will have varicose spider veins. Varicose veins and spider veins may be mild or they may cause severe pain. Varicose veins can lead to more serious complications, including leg pain, swelling in the legs, and brown coloring of the skin, inflammation of the veins, blood clots, bleeding, skin ulcers or other circulatory system disorders.

Dr. Vijaya Thakur, who completed her training at University of Southern California, has special interest in aspects of vascular medicine, dermatology, radiology and vascular surgery to come up with an integrated plan to accurately diagnose and effectively treat patients with varicose veins. She works with her husband, Dr. Anjani Thakur, who completed his training at University of California, Los Angeles (UCLA). They are at the forefront of newest option utilizing information from research studies in venous diseases, including varicose veins. They study the newest, most current treatments available for venous diseases. Venous specialists at Valley Veins treat hundreds of patients each year with varicose veins.

Valley Veins offers the most advanced diagnosis and treatment options available for patients with varicose veins. Treatment for varicose veins at Valley Veins is tailored for each patient depending on general health, age and the severity of the condition. We have expertise and experience in all types of varicose vein treatment, ranging from minimally-invasive to complex surgical procedures. Treatment options include sclerotherapy, laser surgery, endovenous thermal ablation (radiofrequency [VNUS] or laser), surgical vein stripping, endoscopic perforator vein surgery and other procedures. Patients may receive

a combination of treatments, and most patients also use self-care therapies such as compression stockings. Currently, all insurance plans cover treatment for venous damage, including Medicare, Medi-Cal, private insurance plans, and Central Coast Alliance. A referral is not required for Medicare, Medi-Cal, or most PPO plans. Valley Veins does free varicose vein screening and information sessions. They may be contacted at (209) 656-7400.