

VARICOSE VEIN ARTICLE

Varicose veins can cramp your style - and make legs ache, too. You may experience tired, aching legs. People can also notice 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 veins are caused by gravity. Leg veins transport blood to your heart. To keep blood from flowing backwards, veins are equipped with one-way valves, which, leak, blood accumulates in the vein, causing it to bulge and weaken. The result: unsightly - and sometimes painful - varicose veins. Some people develop leg ulcers - shallow wounds that don't heal. Painful varicose veins that are extremely swollen, hardened and sensitive could indicate a more serious, life-threatening condition called deep vein thrombosis (DVT).

Varicose and spider veins are extremely common. They often make their debut in our 30s. By 60, 75% of women and 50% of men will have varicose spider veins. Blame varicose veins on your parents (their genes), your job (sitting or standing for long periods of time), and your kids (the pressure they put on your body in utero).

Varicose veins and spider veins may be mild or they may cause severe pain. In some cases, varicose veins may be a cosmetic concern that often can be treated by self-care therapies. In others, varicose veins can lead to more serious conditions and 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. Many treatment options are available for all conditions related to varicose veins. A physician will conduct a comprehensive evaluation to determine the severity of the condition and the most appropriate treatment.

Valley Veins offers the most advanced diagnosis and treatment options available for patients with varicose veins. Treatment of varicose veins ranges from complex medical care to treat or help prevent serious disabling complications to cosmetic procedures that reduce the appearance of varicose

veins. 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.

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.