

What causes Varicose, Reticular and Spider Veins?

Veins in the legs return blood to the right side of the heart. There are two sets, deep veins, that carry more than 90% of the blood, and superficial veins, which are just under the skin and on top of the muscles, and account for 10% and eventually empty into the deep veins.

Valves in the veins along with the calf muscles assist in pumping blood back up to the heart when standing. If the valves in the superficial veins do not work properly this leads to reflux – back flow of blood down the vein. Over time, blood pools causing veins to dilate and bulge. These dilated veins are varicose veins. Spider and reticular veins may also form. Over a period of time the leg may begin to swell; other symptoms of varicose veins include pain, aching, itching, fatigue, restless legs, cramping, and spontaneous bleeding. Non-healing ulcers may form in some cases and these will not heal until the vein is treated.

Incompetent valves may be hereditary, the result of pregnancy, prior phlebitis, or due to injury to the leg veins.



Before treatment

How is Venous Disease treated?

Compression Hose Stockings with Conservative Therapy

Graduated medical compression stockings are prescribed for all patients with venous disorders. This is often a prerequisite for medical coverage for further therapies. In addition to leg elevation and anti-inflammatory medication, this is considered first line treatment and is referred to as conservative therapy.

Compression stockings are graduated, meaning the highest pressure is applied at the ankle and decreases up the leg. This helps upward blood flow to the heart while standing thus reduces the pressure inside the affected veins.

Stockings are available in different lengths: calf, thigh, and pantyhose. Modern stockings are fitted, comfortable to wear, durable, and breathable. With proper care they should last up to six months.

Conservative therapy reduces symptoms and aids healing after other therapies.

It is recommended that they be worn for at least two weeks after endovascular laser vein ablation and at least one week after other therapies. Patients with venous disorders should wear compression stockings for as long as reasonable to prevent recurrence of symptoms (even after the therapies discussed next).

We recommend SIGVARIS compression hose. The Vein Center is a certified dealer with certified fitters that measure you for the proper size and fit.

Sclerotherapy and Laser for Spider Veins

We treat spider veins with sclerotherapy (injections), laser or a combination of both. Spider veins usually have “feeder veins” that need to be treated along with the smaller veins that you see. The Laser can be used on the small veins but caution is used on patients with darker complexions as well as patients who have been

tanning. It is very important that 1 month prior to the laser treatment that there is no tanning to lessen any chance of skin damage occurring.

Treating spider veins is a process and the average patient will require 3-5 sessions spaced 4-6 weeks apart. It is important to understand that each vein needs treatment several times before resolution is achieved. All veins are hereditary so while we can eliminate what you have, you can make more throughout your life.

The procedures are very tolerable since the needles used are extremely small and the solution is not painful. If the laser is used, it is a hot sensation but very quick and you will leave the office with no discomfort after the treatment.

After the treatment, you may experience some bruising from the injections and some redness if laser was used. You will be asked to wear your compression stockings for 3-4 days and schedule for your next treatment in 4-6 weeks.



After treatment

Treatment Overview

The evaluation and treatment of your varicose, reticular, and spider veins involves a process that may take up to six months for a satisfactory result. A standard treatment process includes the following:

An initial evaluation by our physician.

An ultrasound examination looking primarily for venous reflux in the veins of your legs.

A follow up visit to review the findings and discuss a treatment plan.

Treatment for reticular and spider veins is a cosmetic procedure and is not covered by your insurance, a payment plan is arranged prior to treatment.

Sclerotherapy and laser therapy are scheduled for 30 minute blocks (20 minutes of treatment), four weeks apart – most patients will require 3-5 treatment sessions. A test treatment will be performed to ensure you do not have any serious side effects.

While complete elimination of abnormal veins may not occur, substantial improvement is expected. Annual examination for reticular and spider veins is recommended to monitor and avoid possible recurrence.

Welcome to the Vein Center at Windward Heart

The Vein Center at Windward Heart is a clinic specializing in the treatment of vein disorders of the legs including varicose, reticular and spider veins. This brings state of the art care to Windward Oahu, for this neglected disease.

Treatment is provided by Drs Sonny Wong and Maria Markarian, who are both board certified in Cardiovascular Disease. They offer experienced quality care with a combined clinical experience of over forty years.

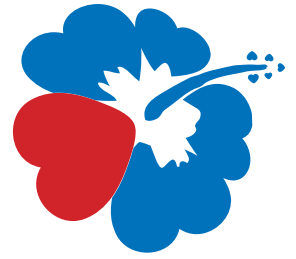
The doctors are both Fellows of the American College of Cardiology and are also on the staff at Castle Medical Center. Dr Wong has been voted one of the Best Doctors in America by his peers. He has also trained with Dr Ronald Bush, at the Midwest Vein and Laser Center. Dr Bush is one of the world's leading experts in the treatment of venous disease.

All treatments are performed in the Windward Heart office as an outpatient procedure with local anesthesia. This markedly reduces the cost when compared to the traditional treatments which were performed in a hospital setting with general anesthesia. Patients are up and about with very little down time and discomfort.

The Vein Center offers the most up to date and modern care for venous disease. The treatments offered include endovascular laser vein ablation, ultrasound guided sclerotherapy for perforator reflux, laser ablation of spider veins and sclerotherapy for spider and reticular veins.

If you have any questions regarding the material in this brochure or scheduling, contact our main office on (808) 261 VEIN.

This brochure is not a substitute for professional medical care.



VeinCenter
at windwardheart

Spider Veins

25 Maluniu Ave
Suite #201
Kailua, Hawaii 96734

ph (808) 261 VEIN
fax (808) 261 2447

www.windwardheart.com/veins