

# Varicose Veins?

Varicose veins are bulging veins that run just beneath the surface of the skin. These veins will commonly appear on the legs and feet. The varicose veins are a result of malfunctioning valves in the inside of the unhealthy vein. When these valves malfunction, blood is not pushed upwards back towards the heart. Instead, unhealthy valves cause blood to flow backward. The blood then pools and causes the vein to deform and bulge. Varicose veins usually do not warrant a serious cause for concern. However, they can be painful and create discomfort around your legs and feet.

When inflamed, varicose veins become tender and sore. This can cause itchy skin, swelling, and aching in the legs. In severe cases, the varicose vein may rupture, leading to non-healing wounds on the legs and ankles.



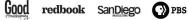
Varicose veins in comparison with healthy veins

La Jolla Vein Care has been featured in:













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More Than 40 Million **Americans Suffer From** 

# Varicose Veins





# Are you suffering from VARICOSE VEINS?

# Symptoms:

- Heaviness, Aching, Throbbing in your Legs and Feet
- Pain in Legs after Being Stationary
- Leg Swelling
- · Skin Discoloration in Legs
- · Itchy Veins

## Risk Factors:

- Age
- Gender (women are more susceptible than men)
- Pregnancy
- Inactive Lifestyle
- Obesity
- Family History

At La Jolla Vein & Vascular, we treat the entire venous system. Varicose veins are commonly an indication that there are diseased veins throughout the entire venous system. Our treatment offerings target unhealthy veins in the entire venous system.

Think of your veins like a tree, your saphenous veins (not visible to the naked eye) are the tree trunk and varicose veins (at the skin's surface) are the branches of the tree. If the tree is sick, the branches are weak. At La Jolla Vein & Vascular, we provide the most comprehensive and durable treatment for both. By treating varicose veins and its underlying cause, venous reflux disease, your legs will feel just as good as they look.

# Medical Treatment Options

#### **RFA Treatment**

Radiofrequency Ablation (RFA) uses heat to cause the abnormal veins to scar and eventually be absorbed by the body. RFA utilizes high-frequency radio waves directed through a catheter to create intense heat within the varicose vein. The varicose vein will then close up, scar, and eventually be dissolved by the body.

#### Venaseal

Venaseal is a minimally invasive procedure that injects a small amount of a specially formulated medical adhesive to seal, or close, the diseased vein. The body then dissolves the vein.



#### Microfoam Treatment

Foam sclerotherapy, also known as endovenous chemical ablation (EVCA) involves injecting a foamed medication into the veins. The procedure is done under ultrasound guidance. The microfoam causes the vein to seal shut, scar and gradually dissolve.

#### Other Treatments

The treatment type is tailored to the individual. We also have other options such as Clarivein, phlebectomy and endovenous laser ablation (EVLA).



## Cosmetic Treatment Options

## Sclerotherapy

is a minimally invasive procedure in which we inject solutions into the veins that causes the veins to closes off, scar and disappear. This generally involves multiple treatments over the course of several months.



