



Say Good-Bye to Varicose Veins

Jie Mao, M.D.

Interventional Radiology

303-500-8034



Boulder Community Health

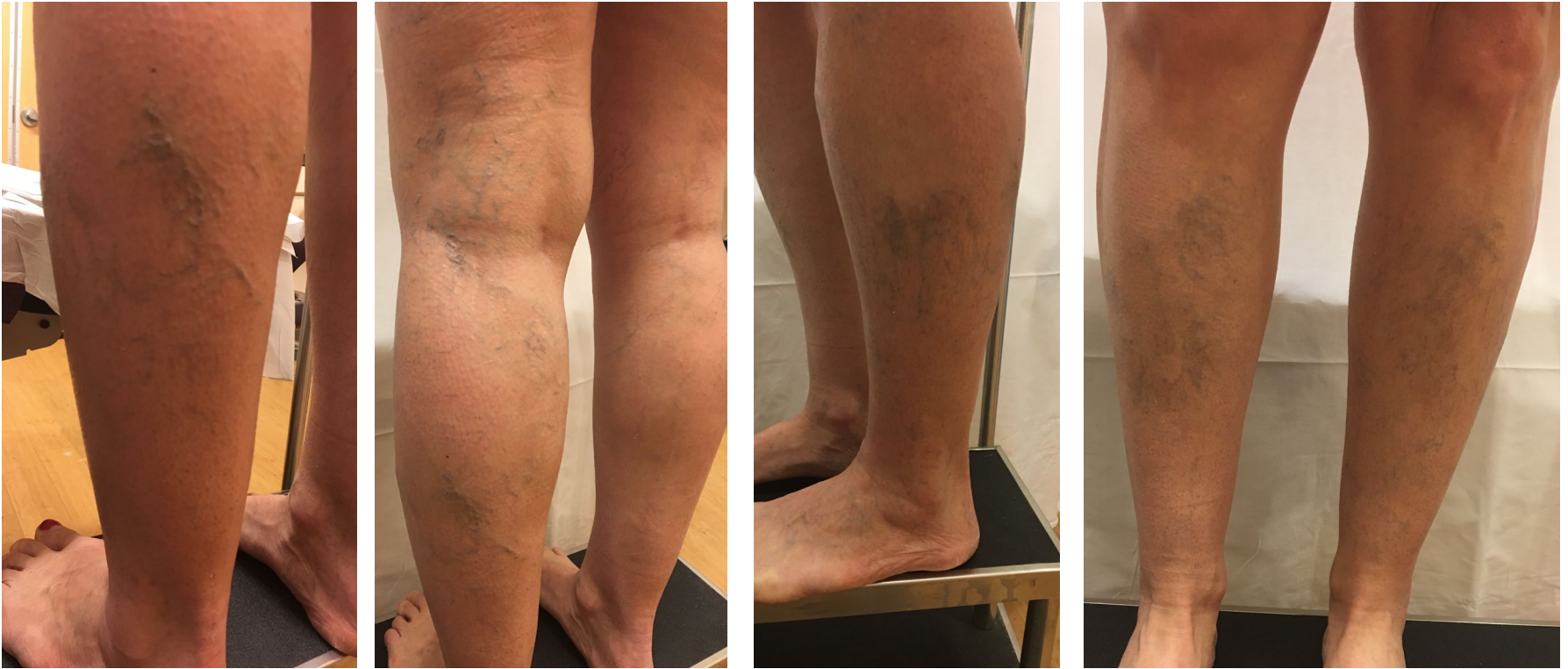
Varicose Veins



Telangiectasia



Spider Veins



Forms of “varicose veins”

- Ropey bulging veins
- Spider veins
- Telangiectasias
- No visible veins but symptoms

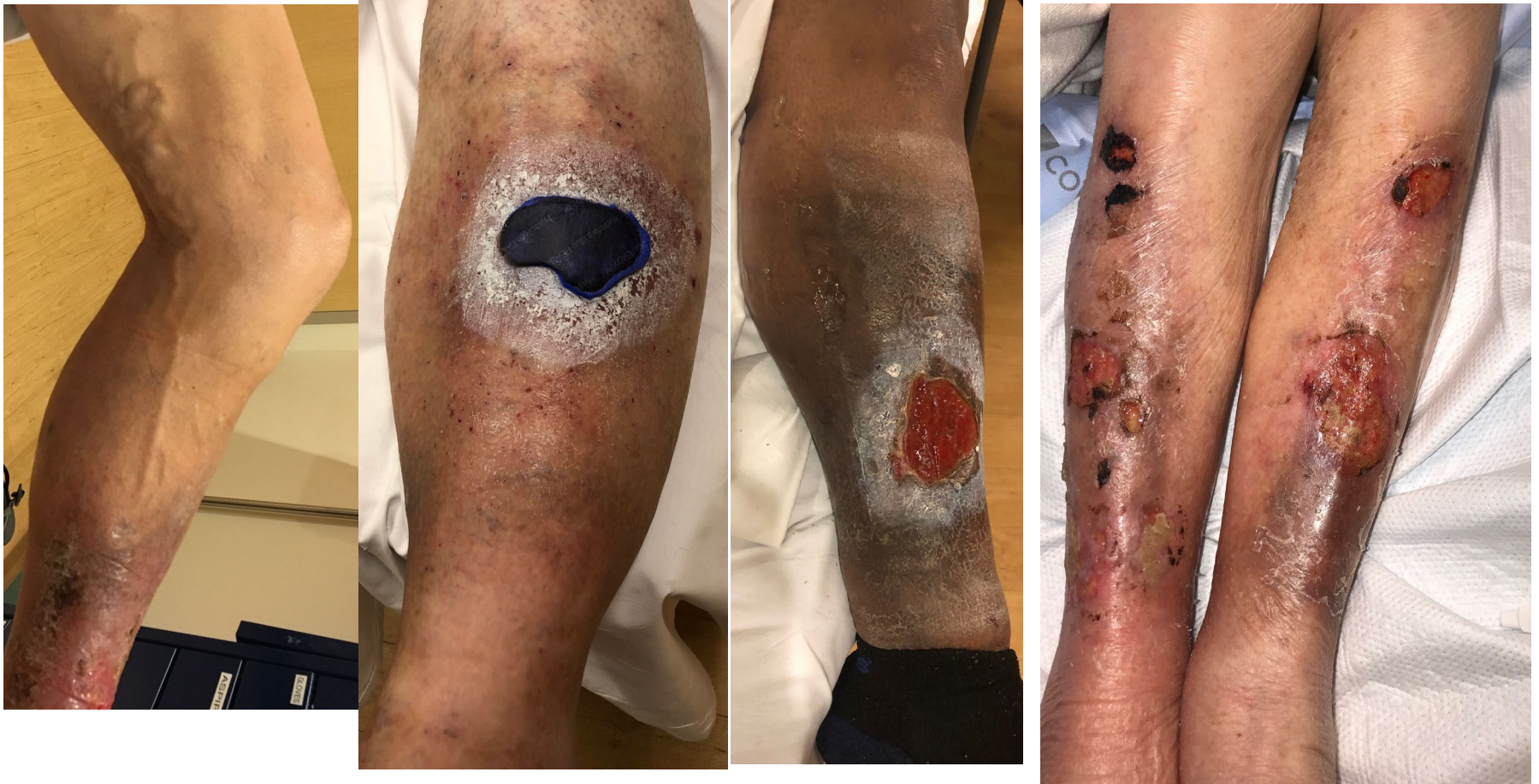
Varicose Veins: Epidemiology

- Affects 50.5% of women, 30.1% of men
- Incidence increases with age, obesity
- Combined congenital and environmental causes
- Not just cosmetic – can be medically very dangerous
- Can have symptoms with no visible veins

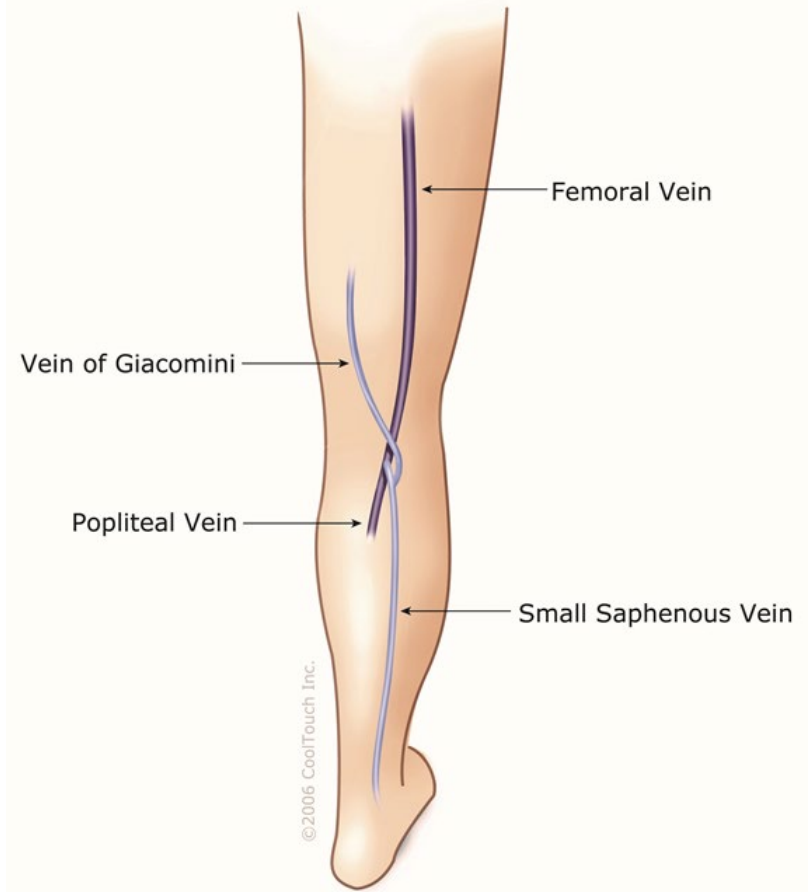
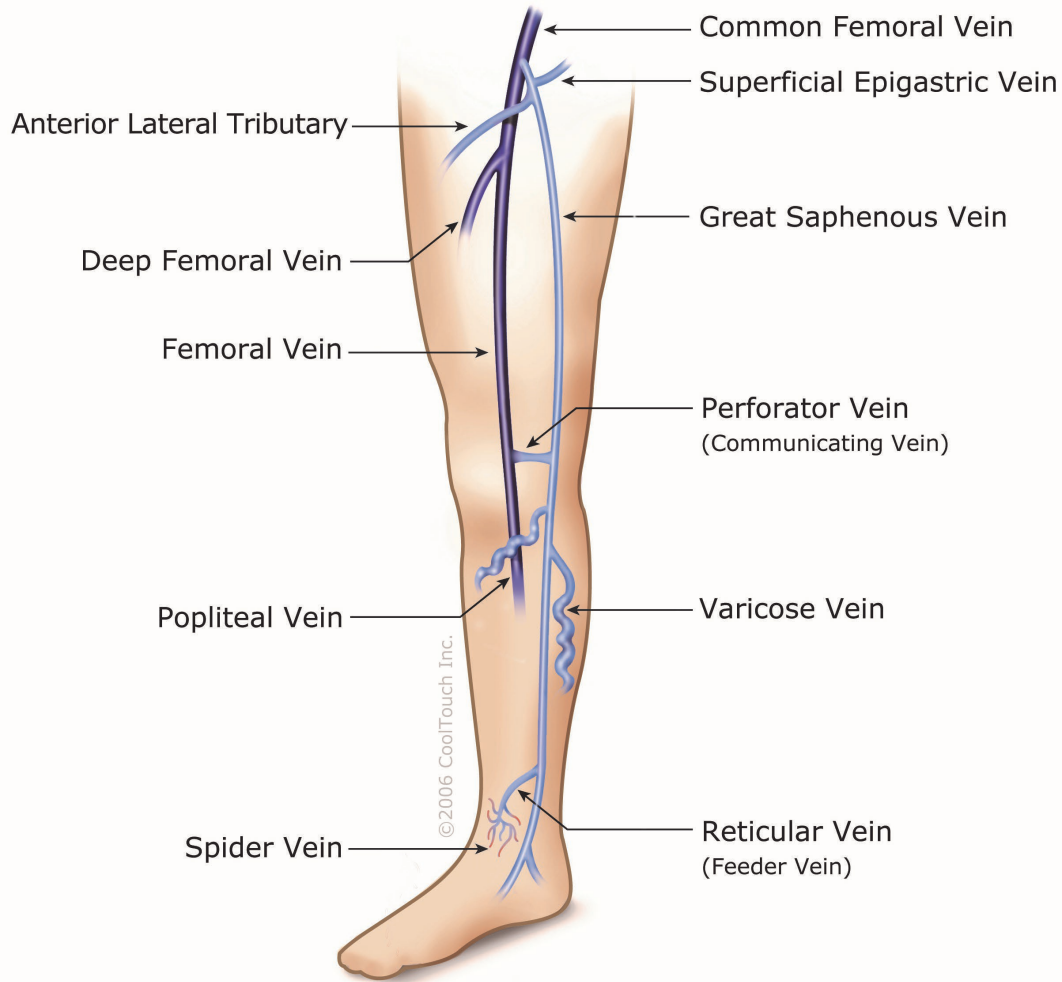
Varicose Veins: Symptoms

- HASTI: Heaviness, achiness, swelling, throbbing, itching
- Restlessness, cramps
- Venous stasis cellulitis or dermatitis: redness, hyperpigmentation; lipodermatosclerosis
- Venous stasis ulceration: scaling, non-healing or recurrent ulcers
- Usually worse at end of day, or with prolonged standing or increased activity

Venous Stasis Dermatitis, Lipodermatosclerosis, Ulceration



Vein Anatomy



Vein anatomy may vary per patient.

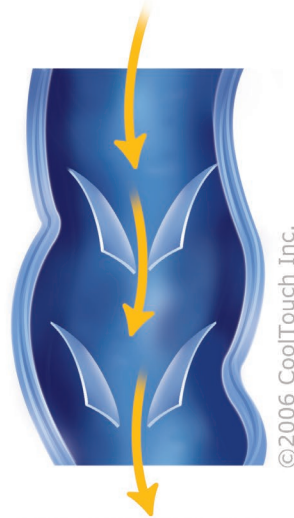
Venous Blood Flow

Valvular Incompetence

Normal Vein with Correctly Working Valves and Blood Flow

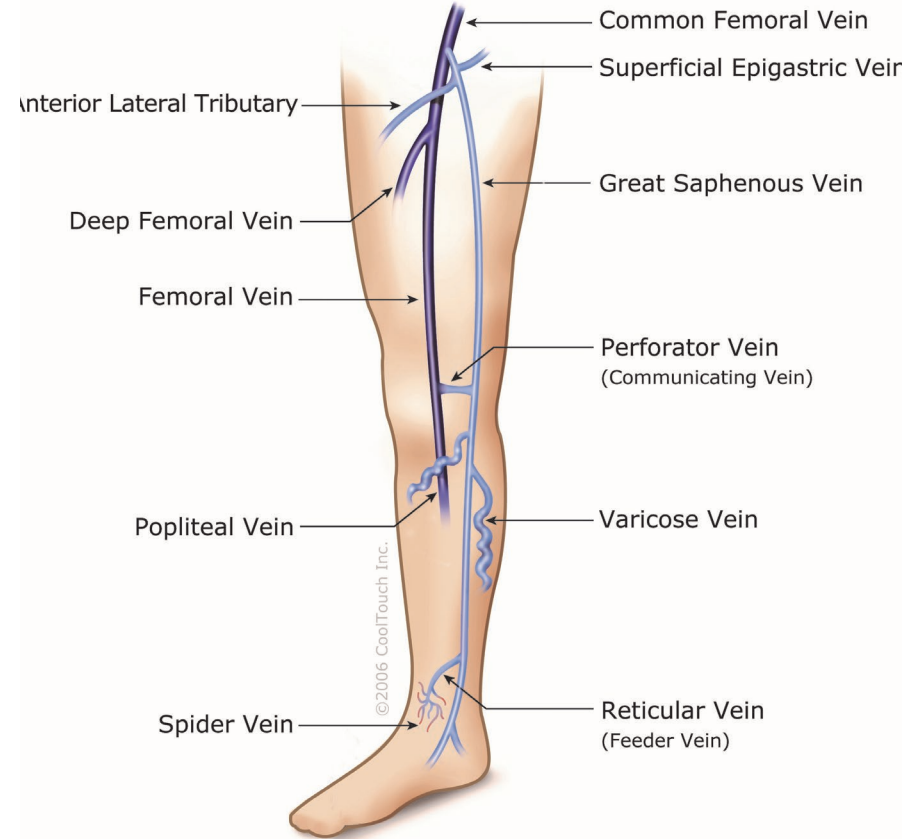


Varicose Vein with Abnormal Vein Valves and Blood Flow



Damaged valves allow blood to flow backwards down the leg.

Symptomatic Varicosities



Valves open to allow blood to move up towards the heart and then close, preventing blood from flowing back down the leg again.



Valvular Physiology

<https://youtu.be/Ce2TjGY-r1o>

Have You Heard This?

- “Live with it!” “Nothing can be done.”
- “My mom had horrible varicose veins...but she didn’t do anything about them...”
- “My doctor says they are just cosmetic.”
- “I’ve always had these symptoms, but never thought they might be due to veins.”

Self Care Measures

- Exercise to improve circulation:
 - Bicycling and swimming
 - When sitting down, rotate feet at the ankles, extend legs, contract calf
 - High-impact exercises such as running may be uncomfortable
- Maintain a healthy weight

Self Care Measures

- Elevate legs
 - At or above heart level
 - Avoid crossing legs
 - When sitting, use foot rest
- Avoid long periods of sitting or standing
- Compression, Compression, Compression

Compression Stockings

- Minimum 20-30mmHg compression, 30-40mmHg if possible

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Amazon Retailer Link: https://tinyurl.com/amazon-surgical	Notes:

Self Care Measures

- Draxe.com:
 - Essential oils:
 - cypress essential oil: 5 drops twice a day x few weeks
 - Anti-inflammatory diet: high in fiber, antioxidants, Mg++, diuretics, apple cider vinegar, witch hazel
 - Herbs: horse chestnut, bilberry, butcher's broom
- Homeopathicdoctor.co.in:
 - Hamamelis, pulsatilla, graphite, arnica

Traditionally Accepted Treatments

- Local wound care
- Foam or saline sclerotherapy
- Vein stripping or ligation
- Surgical phlebectomy



New, Minimally Invasive Treatments

ClosureFast/EVLT/CTEV/VNUS

Microfoam Sclerotherapy

Microphlebectomy

Non-Thermal Ablation

(Varithena, VenaSeal)



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Ultrasound: Key to Success

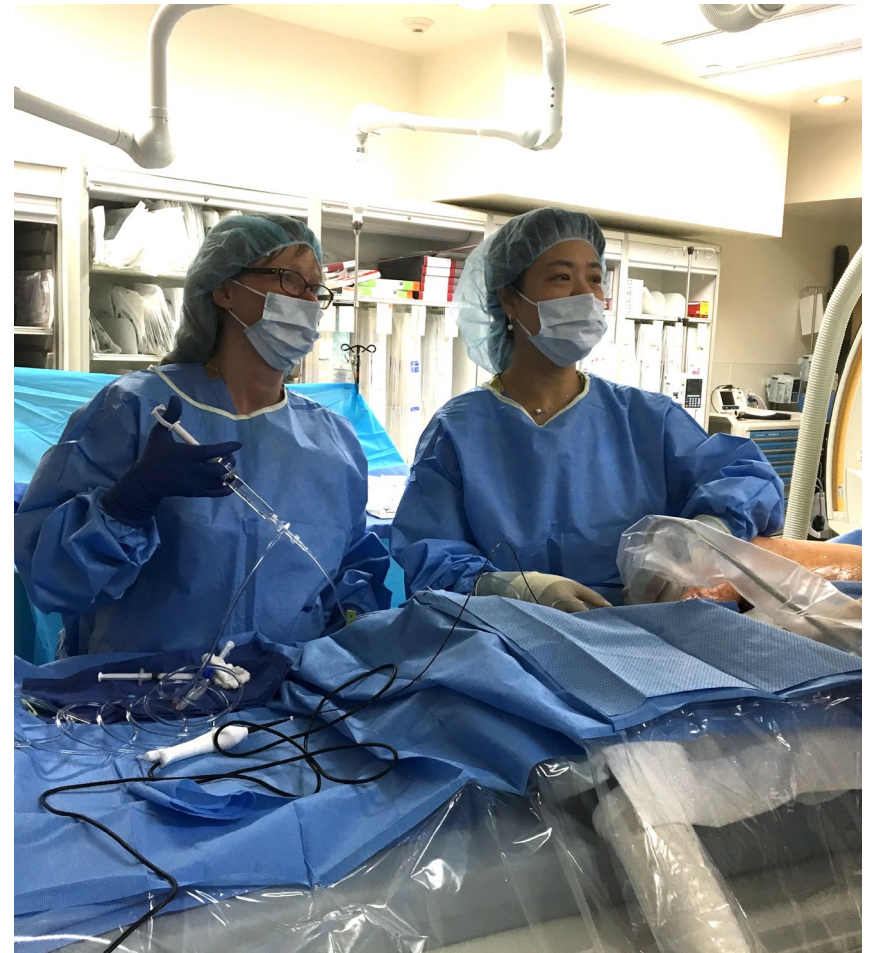
- Identifies locations of valvular incompetence.
Ultrasound and consultation appointment at the same time
- Ultrasound done personally by the operating physician

Venous Reflux

- <https://youtu.be/2Mb-yec6cy8>
- Types of treatments needed are determined at time of consultation
- Insurance pre-authorization done prior to scheduling procedure
- IR staff will call when insurance approval received

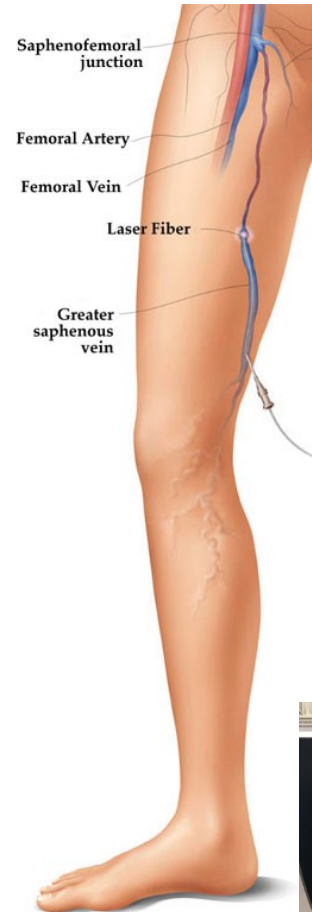
Varicose Vein Procedures at BCH

- Completely sterile environment
- IR staff and nurses assist MD
- Conscious sedation if needed



Laser Ablation

- Tumescant anesthesia delivered throughout treatment zone
- Laser ablation :
 - VenaCure EVLT system
 - 1470nm laser from AngioDynamics



What about those ropes?



Microphlebectomy





Outcomes

- Resolution of ropey varicosities
- Minimal scar or discoloration
- Elimination of medical risks









Sept.



Dec.



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Telangiectasia/Spiders

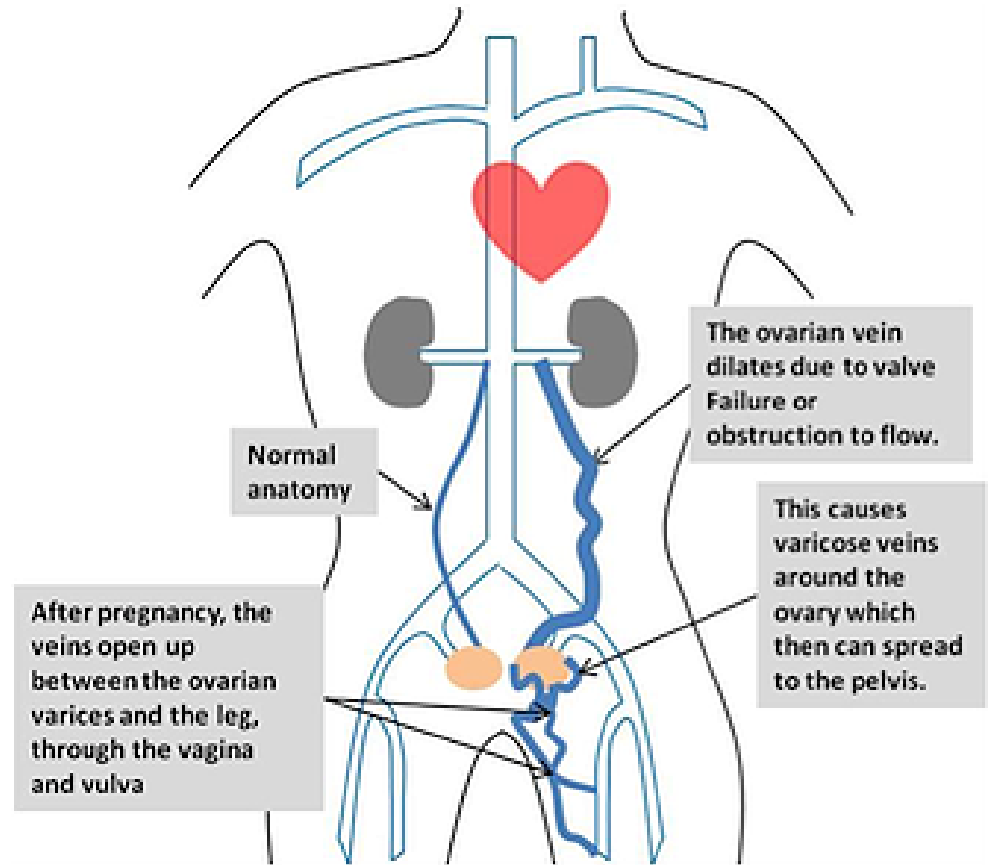


Spiders and Telangiectasias

- <https://youtu.be/Xs-r3-6j7gc>

What Else?

- Gonadal Vein Insufficiency: Pelvic Congestion Syndrome





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Thank You!

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