

MSR_X PROPER PROCEDURES

Easing the Vein

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sheds light on an array of available options for treating varicose veins.

VARICOSE VEINS ARE A COMMON COSMETIC culprit for both women and men. Fifteen to 20 percent of people have some degree of varicose veins, which are usually green or blue and bulging. They can also cause pain or aching in the legs and feet. Spider veins are a milder form of varicose veins that tend to be blue, purple, or red and have smaller size vessels. The reasons varicose veins occur include pregnancy, family history, obesity, standing or sitting for long periods of time, and age. Several ways clients can help avoid varicose veins from occurring or getting worse in appearance include engaging in exercise, keeping weight to normal limits, not wearing high heels, and not sitting or standing for long periods of time. They should also avoid crossing legs constantly, which causes unwanted pressure. If there are significant varicosities, compression stockings are recommended and can be prescribed by a licensed professional and worn daily.

The gold standard therapy for spider and small varicose veins is still sclerotherapy. Sclerotherapy irritates the inside of the vessel with a solution called a sclerosant, which is typically made of hypertonic saline, sodium tetradecyl sulphate (STS), or polidocanol. The latest technology is when STS or polidocanol are mixed with air or carbon dioxide for Foam Sclerotherapy. Foam Sclerotherapy can be done with ultrasound guidance to make sure the sclerosant solution is within the desired vessel. These treatments can be mildly to moderately uncomfortable, and it takes a few treatments, performed one month apart, for best results. The sclerosant solution irritates the vessel, and then

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