

Cincinnati Vein Specialists

Nonsurgical Solutions That Eliminate Varicose Veins

Cincinnati Vein Specialists is a group of physicians dedicated to improving the quality of life for their patients. The group's dedication and commitment to minimally invasive, nonsurgical advancements in the treatment of varicose and spider veins is what signifies them as the best option for patients and referring physicians.

Cincinnati Vein Specialists' physicians are fellowship trained, and with over 10 years of experience in the innovative treatment of varicose and spider veins, they are experts in the treatment of vein disease. As radiologists, they have extensive training and experience in using venous ultrasound to accurately identify venous insufficiency that causes the visible signs and symptoms of varicose veins.

This expertise allows them to find the source of the venous insufficiency, to determine a personalized treatment plan that is right for the individual and to treat the patient without surgery. Symptoms are relieved, and the external appearance is radically improved.

WHAT ARE VARICOSE VEINS AND SPIDER VEINS?

"Twenty-five percent of women and 15% of men in the United States have venous insufficiency in the lower extremities," says Daniel E. Long, M.D. "Conservative vein treatments that include rest, elevation of the legs, anti-inflammatory medications, ice and compression stockings should be tried prior to recommending more invasive treatments."

Varicose veins and spider veins are the visible manifestation of an underlying insufficiency of the valves in the superficial venous

Cincinnati Vein Specialists lead nurse, Faith Leson, R.N., and a patient discussing a procedure



She referred me to Dr. Long because she's the best.

– Doris Woodward

system. Normal healthy veins function by bringing blood back up to the heart by use of one-way valves that direct the flow of blood. Blood is passed from the superficial venous system through perforating veins into the deep venous system. When improperly working valves impede the normal upward flow of blood (venous reflux), increased pressure within the vein causes the vein to dilate or bulge. The dilation or enlargement of the vein around the valves in the superficial veins as well as the perforator veins manifest visibly as varicose veins. Telangiectasias, or what are commonly referred to as spider veins, form when tiny blood vessels near the surface of the skin malfunction and cause blood to pool in the capillaries. These spider veins are usually a sign of a deeper problem in the greater saphenous vein, the superficial venous system's largest vein.

Factors that can contribute to the development of varicose veins include heredity, age, weight gain, pregnancy and hormones. The condition may be worsened by prolonged standing throughout the day. Over a period of years, those who suffer from vein disease may endure persistent discomfort and swelling in the legs and feet that often goes untreated.

Years ago, the standard treatment of varicose veins was vein stripping, which requires surgery and overnight hospitalization. Advancing technology in the treatment of varicose veins has drastically altered that standard. Symptoms and the visible results of varicosities can be treated without surgery, without a painful recovery period and without extensive scarring. Cincinnati Vein Specialists is the only physician group in the Cincinnati area that treats varicose veins in a clinic office rather than in a hospital operating room. Patients are treated in a comfortable but sterile environment that inspires calmness and trust.

TREATMENTS OF VARICOSE VEINS AND SPIDER VEINS BY CINCINNATI VEIN SPECIALISTS' PHYSICIANS

Interventional radiologic procedures are less invasive and do not require the extended recovery period that traditional surgery demands. They also have a lower risk of complication, are more cost

effective and are covered by most insurance providers.

“To obtain successful long-term results, our process starts with an evaluation of symptoms and prior treatment,” says Dr. Long, a Cincinnati Vein Specialists physician. “Whether I am treating large roopy-looking branch veins or the smaller spidery veins, duplex imaging and color flow Doppler of the greater saphenous vein are imperative in establishing the appropriate treatment plan for the individual.” It is the goal of the physician to find the “highest point of reflux” in order to diminish the possibility of varicose veins forming in the future.

The average patient requires sclerotherapy in addition to the endovenous laser ablation therapy (EVLA/EVLT) treatment to treat the small veins. Therefore, to ensure optimal results, it is essential to choose a treatment provider such as Cincinnati Vein Specialists, that is skilled in both treatments. “Laser ablation therapy is a safe and effective option when performed by someone with expertise in treating small vessels. Patients are thrilled about the dramatic results, not having to disrupt their lives treating a problem they have tolerated for years,” says Dr. Long.

EVLA/EVLT requires no hospital stay and is performed under local anesthetic. Once the patient’s leg is numbed with a local anesthetic, the physician makes a small nick in the skin. A laser fiber is then inserted through a catheter into the vein that runs along the inner thigh. Ultrasound is used to guide the fiber to the afflicting vein. As the laser is slowly withdrawn, the physician



Cincinnati Vein Specialists physicians from left: Joseph E. Bernstein, M.D.; James T. Traiforos, M.D.; and Daniel E. Long, M.D.

repeatedly fires the laser along the course of the vein until the entire vessel is treated. The vein begins to shrink immediately, and over time, it shrinks and is absorbed by the body. The procedure takes about an hour, leaves no scarring and has a minimal recovery time. Patients are able to resume normal activities in a few days.

According to Doris Woodward, a Cincinnati Vein Specialists patient who was treated for varicose veins with EVLT/EVLA by Dr. Long, “I was a little sore for a couple of days, but I elevated my legs and took my 15 minute walks like they told me, and within a week it was much better.”

“Immediately postprocedure, compression hose are required continuously for 36 hours and then during the day for the next two weeks,” says Dr. Long. Patients are able to resume normal activities the following day with the exception of heavy lifting, hot showers or baths and aerobic activity. Aerobic activity may be resumed in two weeks.

“There may be some bruising and minor discomfort for several days following the procedure,” says Faith Leson, lead R.N., with Cincinnati Vein Specialists. It is treated with ice and

Lynne Schreck, R.N., and Daniel E. Long, M.D., in the Cincinnati Vein Specialists clinic



Before and after endovenous laser ablation therapy (EVLA/EVLT)



Before and after sclerotherapy

PHOTOS COURTESY OF PROFESSIONAL RADIOLOGY, INC.

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— Daniel E. Long, M.D.

acetaminophen (Tylenol). “At one month, it is recommended that the patient have an ultrasound to ensure closure of the treated vein and to evaluate the need for sclerotherapy to treat residual veins,” adds Dr. Long.

Sclerotherapy is a safe, nonsurgical procedure and is performed in much the same way as EVLA/EVLT; however, no sedation is required. “There is not a significant amount of discomfort during this procedure,” Leson states. The physician will make a small injection of irritating solution into the vein, which causes the vein to close. The vein then disappears as it is absorbed by the body through the body’s natural healing mechanism.

“Two or more sclerotherapy sessions are usually required to remove all visible veins,” Dr. Long says, “however, after each sclerotherapy session the veins will appear lighter.” This procedure treats only those veins that are currently visible. “Because it does not permanently alter the venous system or prevent future veins from surfacing, an evaluation with ultrasound and treating the largest vein with EVLA/EVLT prior to sclerotherapy is essential to achieving the best possible results,” Dr. Long finishes.

Under the caring and watchful eye of the Cincinnati Vein Specialists staff, patients are able to see real results in how they look and feel. Their treatments are often covered by insurance providers, which make them even more accessible to the public and brings hope to those who suffer from varicose veins.

THE PATIENT’S EXPERIENCE

Cincinnati Vein Specialists clinic is a culmination of fellowship-trained physicians and an exceptionally well-trained support staff

Advantages of Treatment with Cincinnati Vein Specialists

- Non-surgical
- Relatively painless
- Covered by MOST major insurance companies
- Outpatient in our clinic office
- No hospital stay
- Causes no scarring
- Requires no IV sedation
- Treats the problem at the source
- Relieves leg pain, fatigue and swelling
- Has a low rate of reoccurrence



PHOTOS COURTESY OF PROFESSIONAL RADIOLOGY, INC.

From top left: Daniel E. Long, M.D.; Lynn Schreck, R.N.; Joseph E. Bernstein, M.D.; Diana Woodward, R.N.; James T. Traiforos, M.D.; Faith Leson, R.N.

that is dedicated to the treatment of medical conditions using nonsurgical procedures. The staff is as concerned that patients feel cared for and comfortable in the clinic as it is for them to have good results from their treatment. “The staff was very nice to me and made me feel very comfortable. I couldn’t have been treated any better,” says Doris.

As with many men and women who suffer from unsightly twisted and bulging varicose veins, Doris suffered for at least 10 years with her symptoms. Over the last few years, the swelling and discomfort progressively worsened, and the visible varicosities became so bad that she no longer felt comfortable wearing shorts or showing her legs. Thankfully, Cincinnati Vein Specialists was recommended to her. “I saw an article in a hospital publication that Dr. Long had written, and then my daughter-in-law was treated by Dr. Long and recommended I have the treatment because my insurance would cover it. She referred me to Dr. Long because he’s the best.” Because the procedure treats the physical problem and symptoms of varicose veins, they are often covered by medical insurance providers.

Dr. Long is one of three physicians who treat patients in the Cincinnati Vein Specialists clinic. Dr. Long has been treating patients with minimally invasive, nonsurgical procedures such as EVLA/EVLT and sclerotherapy for over eight years. “Dr. Long has a talent for treating varicose and spider veins, along with his colleagues,” says Leson. “It is amazing the results that he can achieve.” Dr. Long and his partners Joseph E. Bernstein, M.D., and James T. Traiforos, M.D., are interventional radiologists. They differ from other types of physicians who treat varicose veins in that they are specially trained to use image-guidance, which is the cornerstone of treating with EVLA/EVLT and sclerotherapy. They are dedicated to staying versed in the most cutting-edge, noninvasive interventional treatments available to ensure the best possible care of their patients.

To learn more about Cincinnati Vein Specialists, visit www.CincinnatiVeinSpecialists.com or call (513) 527-9999. ■