

Chronic Wound? Don't Lose Hope!

After being told by several physicians that nothing can be done for their progressive skin changes or ulcerations, patients often lose hope. However, there is a 95% chance they can be helped.



For years, Karen Seibert suffered with a recurring wound.

“Over six years ago, I scraped my ankle on a staple that was sticking out of a cardboard box,” confides the self-employed bookkeeper who specializes in accounting for churches. “I know it was a silly little thing but it became infected, so I went to a wound care center and they cleaned it up. It seemed to heal, but then it came back in another place around the same area. This time, the wound care center drew my blood and made a serum from it to apply to the wound. It had to be kept in the freezer. Then I would have to go in and have the wound scraped and re-medicated.”

wound care doctor. At that point, he referred me to Dr. Magnant.”

Joseph G. Magnant, MD, FACS, is a board-certified vascular surgeon who specializes in vein treatment. His practice, Vein Specialists at Royal Palm Square in Fort Myers, is 100% dedicated to the modern evaluation and treatment of leg vein disorders.

“I was pretty skeptical,” admits Karen. “I probably wasn’t real receptive to anything Dr. Magnant said initially because I had been through so many different doctors, trying to get some help, that I didn’t believe it was possible to be cured. I thought, *This isn’t going to happen*, but I went.

“I found Dr. Magnant to be very direct. He comes across as no-nonsense, but also very kind. When he told me he could heal my wound permanently, I told him I’d heard that before. Then he explained why he felt so confident.”

What is venous insufficiency?

Venous insufficiency is defined as the condition in which the valves of the deep and/or superficial veins of the lower extremities no longer function properly in a one-way manner. These valves are either stuck or scarred in the open position, or are floppy and continue to open, or *prolapse*, beyond the closed position. This results in reflux, or backward blood flow in the veins, which produces increased hydrostatic pressure in the downstream venous system.

Superficial venous insufficiency affects between 35 and 40 million adults in the US, says Dr. Magnant: “It is a correctable medical disease. There are modern techniques to both diagnose and treat it, but if left untreated, it can lead to many symptoms including swelling, aching, skin discoloration, and eventual thickening and scarring of the skin and fat down to the muscle, which then leads to ulcers.

“We rely heavily on ultrasound evaluation of our patients’ veins,” continues Dr. Magnant. “With ultrasound, which

is covered by most patients’ health insurance, we can determine the exact source of the problem. We can see exactly which veins are leaking, and then design a game plan to solve the problem.”

Karen’s ultrasound revealed that she was suffering from venous insufficiency with incompetence of the great saphenous vein (GSV), the large subcutaneous, superficial vein of the leg and thigh, which was leaking all the way down to the ulcer.

“There are many different presentations of venous insufficiency other than just varicose veins,” informs Dr. Magnant.

Karen says she can't believe she finally found a doctor who could help her.

“It is the increased hydrostatic pressure in the downstream venous system that allows fluid to leak out of the veins and accumulate in the muscles that causes the symptoms as the day progresses,” points out Dr. Magnant. “Symptoms include swollen feet and ankles, achy legs, leg ulcers, persistent itching over the affected area, extreme urinary frequency, restless legs, or a feeling of tiredness, especially at the end of the day.

“Venous insufficiency in the superficial veins, which are those close to the surface of the body and account for ninety-five percent of vein problems, is typically caused by heredity. Of course, there are risk factors that exacerbate the problem. Some of these include excessive weight or obesity, inactivity, pregnancy, occupations that require long hours of standing, and older age.”

A reasonable answer for patients

Smooth out your problem veins

Dr. Magnant welcomes all calls regarding this article as well as other topics related to veins. His office is located at **1510 Royal Palm Square Blvd., Suite 101**, in Fort Myers. Please phone **(239) 694-VEIN (8346)** for more information or to schedule an appointment. Visit his website, **WWW.WEKNOWVEINS.COM**, or email him at **info@weknowveins.com**.

suffering with any of the symptoms mentioned above is to have a simple evaluation by a board-certified vein specialist.

Endovenous closure

Until 1999, the only treatment available to offer patients with venous insufficiency was surgical vein excisions, or *vein stripping*, which often required hospitalization and general anesthesia along with an extended recovery period, reports Dr. Magnant. Fortunately, today leaky superficial veins can be treated with a minimally invasive, in-office procedure called *endovenous closure*.

Endovenous closure involves placing a thin catheter into the faulty vein and then delivering heat energy to the vein wall, causing it to seal shut. Walking immediately after the procedure is encouraged. There is no future danger from sealing the leaking vein in collapsing the treated vein because it wasn’t working properly anyway and other veins have already compensated for the fact that it was not working properly.

“I absolutely think this treatment is a miracle,” Karen marvels, “and I’m living proof. I can’t believe it. I came home right after the procedure, slept that afternoon, and by the next day I was fine. I mean there was really no recovery.

“This practice is incredible. Dr. Magnant knows you. His staff knows you. They not only call you by name but they pick up conversations you’ve had with them on other visits.

“How many practices have television sets on their ceilings to entertain you while you are having an ultrasound? How patient friendly is that, not to mention the fresh cookies they offer.

“I haven’t had any problems since I had the procedure. I just can’t say enough about it and what Dr. Magnant has done for me.” **FHCN—Kris Kline**



JOSEPH G. MAGNANT, MD, FACS

Known as wound debridement, this technique is used to remove the necrotic tissue that harbors bacteria, which impairs healing.

“I was miserable for weeks on end,” reflects Karen, “and all the pills I had to take. I usually try to avoid medications. It was beyond taxing – I don’t even know the word to describe it.”

This cycle was ongoing for over six years, says Karen: “About two years ago, my wound care doctor sent me to a vein surgeon who tried a procedure that he said would take about eight to ten minutes. Well, forty-five minutes later one of his nurses said, *I think we ought to stop because it isn’t working*. I ended up black and blue from my knee all the way to the top of my leg.

“Then last spring, they told me that I would have to have some skin grafting.

“I was terrified because the only medical procedure I’ve ever been through is childbirth, so I turned to my primary care physician who called my

Joseph G. Magnant, MD, FACS, is a fellow of the American College of Surgeons and is board certified by the American Board of Surgery in vascular surgery. He earned his medical degree from Medical College of Virginia. He completed a general surgery residency at Medical College of Virginia Hospitals and a fellowship in vascular surgery at Dartmouth-Hitchcock Medical Center, Lebanon, NH. Dr. Magnant of Vein Specialists at Royal Palm Square focuses exclusively on vein evaluation and modern treatments in a dedicated, outpatient vein-centered facility. Dr. Magnant is an active member of the American College of Phlebology, Society for Vascular Surgery, and Southern Association of Vascular Surgery.



Don't Wait

Patients with any of the following symptoms might benefit from a thorough *venous insufficiency* evaluation, including a diagnostic ultrasound, by Vein Specialists at Royal Palm Square:

- Swollen, achy legs
- Restless Leg Syndrome
- Bulging varicose veins
- Bleeding from spider or varicose veins
- Urination frequency at night
- Impending or open leg ulcers
- Night-time leg cramps
- Thickening and discoloration of skin of the ankles or legs

Find us online at:



Visit Vein Specialists at Royal Palm Square’s newly revised website at www.weknowveins.com.