

cramps or restless legs syndrome. Patients with weight problems and any of the above symptoms should be encouraged that there may be a minimally invasive treatment for their vein problems which may give them the freedom to live without pain in their legs and begin a more meaningful journey to weight reduction through active exercise. Take control of your life now, empower yourself to seek a thorough evaluation of your lower extremity venous system for leakiness, not just for clots in the veins, rather than resigning yourself to accepting the dismissive explanation that your weight or obesity is the sole cause of your leg symptoms.

Until the year 2000, the only treatments for venous insufficiency (manifest as large varicose veins, skin ulcerations or bleeding varicose veins) were compression hose or vein stripping. Due to the invasive and painful nature of vein stripping, surgical treatment for venous insufficiency was limited to patients with recurrent ulcerations around the ankles or varicose vein related bleeding episodes. Endovenous closure was introduced in 2000 and has significantly changed the landscape for patients with venous insufficiency. Since introduced, endovenous closure (sealing of the leaky veins with a small catheter) has been used successfully to treat many different patients. Overweight and obese patients have been able to have successful treatment of their venous insufficiency and relief from their disabling symptoms prior to developing the end result complications of venous ulceration or hemorrhage and can be safely treated for the less advanced yet still painful presentations of severe swelling and



Before



After

redness of the legs, bulging varicose veins and complaints of nighttime leg cramps and urination. The availability of this minimally invasive and very effective procedure to this previously ignored population of patients with symptomatic venous insufficiency has resulted in a surge in the number of patients being referred either through their physicians or directly for venous evaluation. Since the superficial venous system (rather than the deep system) is responsible for the majority of patients' problems with the advanced signs and symptoms of venous insufficiency, it seems only appropriate to offer patients a scientific evaluation and a more definitive therapy when appropriate, earlier in the course of disease process rather than making them suffer the pain and discomfort of venous hypertension indefinitely. Complications such as bleeding, ulceration and cellulitis require frequent emergency room visits and hospitalizations and the goal should be the avoidance of these serious complications.

Untreated venous insufficiency in the overweight or obese patient makes it nearly impossible for them to lose their weight, which further complicates their medical conditions such as diabetes, hypertension, high cholesterol and overall cardiovascular health. They often also report higher incidences of depression, anxiety and other psychological disorders which often are improved after treatment of their venous disorders as their chronic pain resolves and their self esteem improves as they are able to begin their exercise programs in earnest and turn their lives around.

Please see the before and after photos below demonstrating the effect of 120 pound weight loss on the appearance of varicose veins in a 55 year old male. Note the absence of visible varicose veins in the pre-weight loss photo versus the readily visible large varicose veins in the photo after significant weight loss, which were only made more noticeable



Before



After

with weight reduction related to loss of subcutaneous fat. Patient subsequently underwent successful sealing of the underlying veins responsible for his large varicose veins and leg pain and is enjoying his new lease on life.



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