



*Spider and varicose veins are the cause of pain, swelling, fatigue, skin discoloration, and non-healing sores.*

*EndoVenous Laser Treatment takes less than an hour and provides immediate relief of symptoms.*

EndoVenous Laser Treatment will be offered at the Center for Women's Health, 300B Faunce Corner Road, North Dartmouth

**Call 508-998-0625 to schedule your consult today.**

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**WHAT HAPPENS TO THE TREATED VEIN LEFT BEHIND IN THE LEG?**

The vein simply becomes a fibrous tissue after treatment. Over time, the body will re-absorb the fibrous tissue.

**DOES INSURANCE COVER EVLT?**

Based on your medical needs, most insurance carriers cover EVLT.

**WHAT IS AN INTERVENTIONAL RADIOLOGIST?**

Interventional Radiologists are doctors who specialize in minimally invasive, targeted treatments performed using guided imaging. They use their expertise in reading x-rays, ultrasound, MRI, and other diagnostic imaging equipment, to guide tiny instruments such as catheters, through blood vessels or through the skin to treat diseases without surgery. Interventional Radiologists are board certified radiologists that are fellowship trained in nonsurgical interventions using guided imaging.

**WHERE DO I FIND MORE INFORMATION ABOUT EVLT?**

Patients interested in endovenous laser treatment may visit the Society of Interventional Radiology website at [sirweb.org](http://sirweb.org), or call 508-998-0625 to schedule a consultation with the interventional radiologist.



**VARICOSE VEINS & VENOUS INSUFFICIENCY**

**EndoVenous Laser Treatment**

*An answer to your painful and unsightly veins*



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## WHAT ARE THE SYMPTOMS OF VENOUS INSUFFICIENCY?

Symptoms caused by venous insufficiency and varicose veins include aching pain, easily tired legs, and leg heaviness, all of which worsen as the day goes on. These symptoms may be present even if the veins themselves are not visible. Many people find they need to sit down in the afternoon and elevate their legs to relieve these symptoms. In more severe cases, venous insufficiency and reflux can cause darkening of the skin and sores that may be very difficult to treat.

## WHAT ARE SPIDER AND VARICOSE VEINS?

Spider veins are small blue or red vessels visible within the skin, usually on the leg, face, neck, or chest. Varicose veins are dilated rosy appearing blue vessels visible under the skin, often a quarter inch or larger in diameter.

## WHO IS AT RISK FOR VEIN DISORDERS?

Today, approximately half of the U.S. population is affected by venous disease of the legs. Slightly more common in women than in men, those spider and varicose veins are unsightly and cause pain, swelling, fatigue, skin discoloration and non-healing sores. Age, family history of varicose veins, and multiple pregnancies are the most common risk factors accelerating and worsening varicose veins. The problems arise because the valves in the veins become incompetent, and normal flow of blood against the gravity from the legs to the heart is impaired.

## HOW IS VENOUS INSUFFICIENCY DIAGNOSED?

Your Interventional Radiologist, a doctor specially trained in performing minimally-invasive treatments using imaging guidance, will use duplex ultrasound to assess the venous anatomy, vein valve function, and venous blood flow changes, which can assist in diagnosing venous insufficiency. The sonographer will map the greater



*before*

*after*

saphenous vein and examine the deep and superficial venous systems to determine if the veins are open and to pinpoint any reflux. This will help your Interventional Radiologist to determine if you are a candidate for a minimally invasive treatment.

## HOW CAN I BE TREATED?

Traditionally, a surgical procedure called vein stripping was the only way to remove varicose veins. This procedure required general anesthesia and hospital admission, a painful recovery, and sometimes scarring from surgical incisions. Now, the FDA has approved an EndoVenous Laser Treatment (EVLT) procedure that is extremely quick and causes little or no side effects. This minimally invasive treatment has shown to be highly effective in eliminating varicose veins.

## WHAT HAPPENS DURING THE PROCEDURE?

During the 45-minute procedure, the involved area of your leg is anesthetized and a thin laser fiber is placed into the affected vein through the needle puncture. Once the laser energy has been applied, the fiber is removed and a compression bandage is put on your leg. The vein then simply becomes a scar tissue, eventually reabsorbed into your body. The general anesthesia is not required, therefore the patient is able to walk and drive immediately after the procedure. In fact, the patients are encouraged to walk.

## IS THERE ANY FOLLOW-UP TO THE PROCEDURE?

Within the subsequent few weeks the patients usually have their legs reexamined, and small leftover veins are eliminated with injection of sclerosing medication or superficial laser treatment.

## WHY ENDOVENOUS LASER TREATMENT?

There are obvious benefits of EVLT compared to the surgical treatment. It is an outpatient procedure that takes less than an hour and provides immediate relief of symptoms. There is only minor bruising and pain, which can be easily controlled by over-the-counter medications, allowing you to resume normal activity.

## HOW SUCCESSFUL IS EVLT?

The success rate for the procedure is quite high. The two-year data shows a 93-95 percent success rate, much higher efficacy rate than surgical ligation or stripping.

## WILL THE PROCEDURE REQUIRE ANY ANESTHESIA?

You may be given a valium to relax you before the procedure and an IV will be started in case you need any additional relaxing medication.

## HOW QUICKLY CAN I RETURN TO MY NORMAL ACTIVITIES?

Many patients can resume normal activity within a day. Your doctor may recommend a regular walking regimen for a few weeks. However, you should refrain from very strenuous activity and prolonged periods of standing.

## IS THERE ANY SCARRING, BRUISING, OR SWELLING AFTER THE TREATMENT?

In most cases, there is little or no swelling following the treatment. You will have tenderness and existing bruising along your inner thigh for a week or so.

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