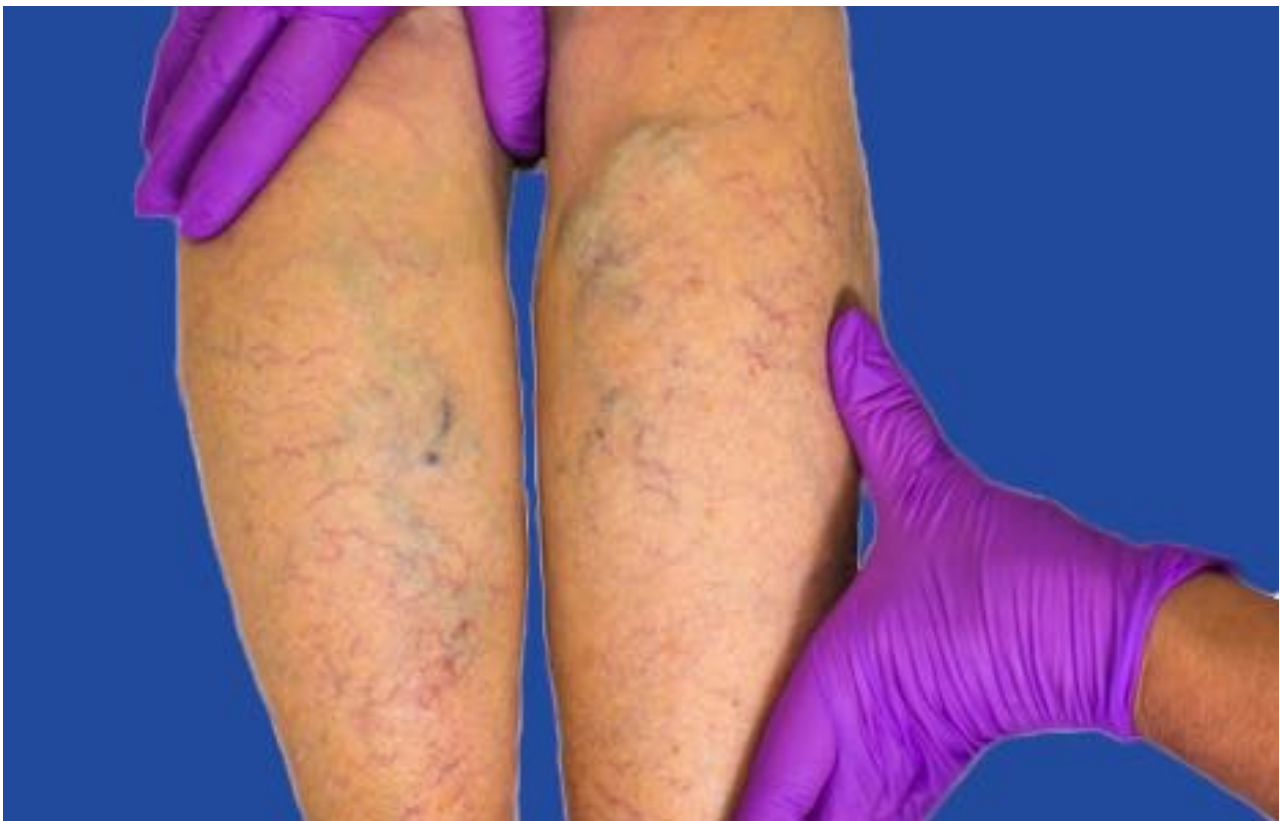

5 Important Reasons to treat your Varicose Veins



Dr Luke Matar

1st Edition

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Introduction

Unfortunately, many people and indeed many doctors regard varicose veins as something of cosmetic concern only. This is not the case, if you have varicose veins you should be aware that serious medical issues can result from untreated varicose veins and the associated underlying malfunctioning veins.

For me as a doctor treating veins, it is important that I tailor treatment specifically to you to ensure you get the best clinical outcome with the least discomfort and downtime. Varicose veins run in my family and I myself have undergone treatment with many of the modern methods I now offer my patients.

I specialise in the latest “minimally invasive” treatments to ensure you have as little discomfort and downtime during and following your treatment obtaining the best short and long-term results possible. The amazing results we obtain simply were not available years ago when surgery was the only option.

Vein treatment is undergoing a phase of rapid evolution and The Vein Clinic is at the forefront of this wave, being a key innovator in the deployment and development of new techniques to treat veins.

In order to accurately advise you what treatment will be best for your veins, a thorough clinical history, examination and comprehensive ultrasound study is required to plan treatment.

So let's talk about 5 of the most important reasons to treat your varicose veins.

1. To relieve leg discomfort

At least 50% of patients we see at The Vein Clinic in Perth, have some leg discomfort related to malfunctioning veins. Their symptoms may be very severe and include constant aching, pain, throbbing, heaviness or itchiness. Other times these symptoms may only be noticed after long periods of standing and towards the end of the day, or after exercise and during hot weather.

Symptoms are nearly always rapidly cured following the treatments we offer. Sometimes in as little as a one 30 minute treatment.

For these treatments hospital admission is not necessary and you can return to your everyday life after your procedure.



2. To relieve leg rash and itch

If you experience leg itch and rash, especially if accompanied by areas of brown or rust like skin discoloration, it is likely you have malfunctioning veins causing inflammation and irritation of the skin in your lower legs.

Malfunctioning veins are not able to effectively return blood to the heart, resulting in impaired circulation and a condition known as “venous stasis”. This poorly circulating or “stale” blood contains inflammatory waste products that accumulate and eventually result in inflammation and discoloration of the skin.

Treatment will prevent ongoing inflammation and it will usually fully relieve rash and itch. Discoloration however may be permanent.



3. To prevent or cure venous ulcers

If you have long term venous stasis as described above, you are at risk of developing a venous ulcer. This represents an area of non-healing skin breakdown secondary to ongoing inflammation. Without treating the underlying abnormal veins, these ulcers may be very difficult or impossible to heal and may last for many years causing great discomfort, distress and embarrassment.

If you have a leg ulcer, you really should be investigated with a Doppler Ultrasound study of your veins at a clinic that specialises in treating veins (not arteries). If Venous Reflux (malfunctioning veins) is present, around 85% of venous ulcers can be cured with the treatments we offer.



4. To lessen the risk of DVT (Deep Vein Thrombosis)

It has been shown untreated varicose veins increase the risk of DVT by up to four times. This risk may be even higher, if you have a history of blood clots in your family or undertake frequent long-haul car or air travel.

DVT not uncommonly results in Pulmonary Embolism (PE), a condition where blood clots may travel from the legs into the heart and pulmonary arteries blocking oxygen supply to the lungs. This serious condition is fatal in one third of cases and affected between 8,000 and 15,000 Australians last year alone (Incidence of PE is about 0.3 to 0.6 in 1000).

Although this evidence is new, and data is not yet available to say exactly how much your risk of DVT is reduced by treating abnormal veins, it is logical to assume there is a DVT risk reduction in treating varicose veins.



5. To improve the way your legs look and the way you feel

If you suffer with varicose veins, there is a good chance you won't enjoy summer. Abnormal veins become more noticeable and symptomatic in summer and may cause you to "cover up" at a time when you would rather be "stripping off"!

You may be embarrassed and "hide" your legs wearing long pants or dresses and retreat from an active healthy lifestyle.

Once you have your veins treated you will feel "younger" and be more self-confident and able to re-engage in activities you may have forgone due to embarrassment about the way your legs looked.

Patients often report an improvement in overall mood and confidence following treatment. Some even go on to make further lifestyle changes such as weight loss and increased exercise with this new "lease on life".

We usually see a dramatic cosmetic improvement in varicose veins within the first two weeks of treatment.

Look at our before and after shots on the website to see for yourself.



In summary

Helping you understand your veins and vein problems is part of my mission as a doctor. Having suffered from vein problems in my own family, I committed to offering a wide range of treatment options, and I focus on providing minimally invasive and non-surgical treatments.

This is also why at veinclinicperth.com.au I have collected a large number of comprehensive articles and pages, so you can tap into The Vein Clinic's long experience and learn more about the symptoms, conditions and treatments involved.

If you have any questions or want to get your veins fixed, don't hesitate to contact The Vein Clinic through our website.

Dr Luke Matar

The Vein Clinic

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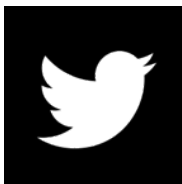
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