

one set of injections for complete elimination. Every patient is encouraged to be active and engage in normal activities. During sclerotherapy, there is minimal to no pain because of the very fine needles used for the injections.

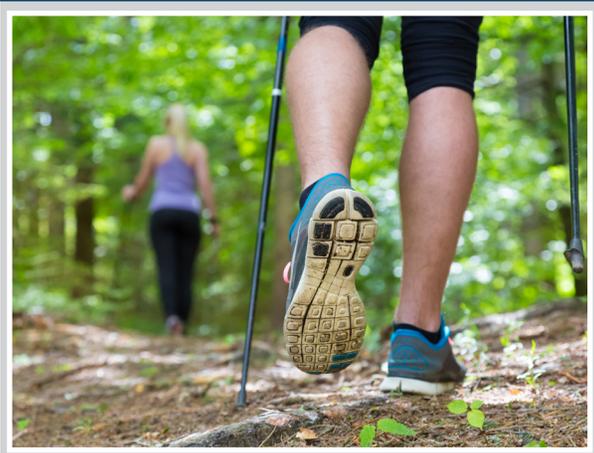
### ***EVLT Post-Procedure Results and Recovery***

Because EVLT is so minimally invasive, there are very few side effects after the procedure. Since it is a short outpatient procedure, you will be able to go home and can immediately resume work and other normal activities if you choose. Patients are encouraged to walk, as this will help your circulation, but heavy lifting or intense exercise should be avoided for a while. You may experience a feeling of tightness in your legs, along with mild soreness, and minor swelling or bruising. These symptoms are completely normal and should disappear within a few days.

The results of your EVLT procedure are evident right away, and for most patients, can last up to five years. With a satisfaction rate of close to 98 percent, EVLT has proven to be significantly more effective than other alternative treatment options.

EVLT offers less risk, fewer complications, and better results than other methods of varicose vein treatment, both during and after the procedure. Some of the advantages of EVLT include:

- Fast, efficient outpatient procedure
- No need for general anesthesia
- No visible scarring
- Immediate results and instant relief
- No recovery or downtime
- High rate of success



# **ivc** **Interventional and Vascular Consultants**

Interventional and Vascular Consultants is a comprehensive medical practice specializing in minimally invasive endovascular solutions to diagnose and treat diseases of the blood vessels. Our unique approach to vascular care is recognized for its commitment to clinical excellence and outstanding patient satisfaction.

The minimally invasive techniques used by interventional radiologists often replace open surgical procedures because there are no large incisions, less risk, reduced pain, and shorter recovery times for patients. Our state-of-the-art endovascular suites are equipped with the newest devices to assist in performing minimally invasive procedures.

### ***How to make an appointment:***

#### **Physician Referrals**

Call or fax a request to our office. Please include any pertinent X-rays, labs and chart notes you have. These will be reviewed and a consultation appointment will be scheduled with your patient. We can provide your office with referral forms as well.

#### **Patient Direct Referrals**

Call or email inquiry. We will review your inquiry. We may ask for additional information prior to a consultation appointment to assure that we can provide the care you are seeking.

### ***Available for Consultation in Wilsonville***

Treatment is available at our outpatient center in Wilsonville and at the following hospital locations: Legacy Emanuel, Legacy Meridian Park, Legacy Mt. Hood and Legacy Salmon Creek.

#### **Wilsonville Office**

25030 SW Parkway Avenue, Suite 200  
Wilsonville, Oregon 97070

Monday – Friday, 8:30 am – 4:30 pm  
Phone: **503.612.0498** | Fax: 503.459.0521  
[www.ivcnorthwest.com](http://www.ivcnorthwest.com) | [info@ivcnorthwest.com](mailto:info@ivcnorthwest.com)

## ***Varicose Veins***

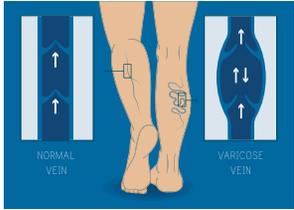


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## Varicose Veins

Varicose veins are the swollen, ropy veins on your legs that are usually dark blue or purple in color. These gnarled veins are a result of what is known as ‘venous reflux’, and are a signifier of venous disease or venous insufficiency. In order to understand what venous disease is, and how to recognize potentially serious signs of venous insufficiency, it’s important to understand what veins do.

### What Causes Varicose Veins?



The heart pumps oxygenated blood through-out our bodies via arteries, helping our various organs and systems to function properly, while veins are responsible for the return of deoxygenated blood back to the heart for recirculation. If you consider the distance from your feet to your heart, and the fact that it’s an uphill climb – your veins have to work hard to push large volumes of pressurized blood upwards, against gravity.

Each vein is equipped with valves that keep the blood flowing one way – up. When those valves weaken and start to fail, this allows blood to flow backward, causing venous reflux. Venous reflux allows pooling of the blood in your veins, instead of keeping up a constant flow towards the heart. The pooling blood puts more pressure on the vein walls, causing them to enlarge until you’ve got an unsightly varicose vein.

Varicose veins are not simply a cosmetic issue. They are actually a sign of problems deeper within your venous system, problems that, if left untreated, can lead to serious health issues. They are a fairly common problem, affecting over 40 million Americans, and are one of several indicators of venous insufficiency, along with spider veins, poor circulation, and swelling or pain in your legs.

## Risk Factors for Varicose Veins

- **Genetics** - if one (or both) of your parents have varicose veins, there is a high likelihood that you will also develop them
- **Age** – Nearly 50 percent of adults over 50 in the U.S. suffer from varicose veins
- **Gender** – Approximately 55 percent of women have varicose veins, compared to 45 percent of men
- **Job** – A job where you are stationary for long periods of time, whether it is sitting or standing, can make pooling and vein pressure worse
- **Obesity and pregnancy** – Additional weight causes added pressure on the veins in your legs, making it more difficult for the blood to be pushed to the heart and raising the risk of varicose veins
- **Lifestyle** – Smoking constricts your veins, decreasing your circulation and weakening your veins

## Spider Veins

Spider veins are thin veins which are easily visible through the skin and do not usually bulge. Frequently they occur in spider-like configurations which can be extensive and vary in color combinations of red, blue and purple. People with spider veins often seek treatment for cosmetic reasons. Some also complain of related symptoms such as burning pain, cramps or fatigue.



## Treatments

Traditional surgery for varicose veins involves the stripping, or removal, of the saphenous vein plus direct excision of each varicose vein. General anesthesia is usually required as well as multiple incisions. In addition to operative risks the postoperative pain and healing can be significant. Patients

therefore lose time away from work and other activities. Due to the availability of modern techniques, traditional surgery is no longer required. The procedures we perform, including the use of a specialized laser, are performed in our office under local anesthesia. They take less than an hour, and allow our patients to return to their normal activities right away.

There are several current ways to treat varicose and spider veins, including Laser Treatment, Microphlebectomy, Injection Sclerotherapy and Compression Stockings.

## Compression Stockings

The most conservative treatment, and usually the first attempted method. They should be worn every day during waking hours to compress the veins and prevent them from bulging while the stockings are on.

## Microphlebectomy

This procedure is also performed under local anesthesia. It involves removing the remaining varicose veins through small puncture wounds with the use of special vein hooks. This treatment is often performed at the same time as EVLT to obtain the best results. It can also be done as a separate procedure depending on the particular patient and initial evaluation.

## Endovenous Laser Treatment (EVLT)

Endovenous Laser Treatment (EVLT) is a minimally invasive procedure used to treat varicose veins. It is one of the more advanced treatments available, and is used as an alternative to more uncomfortable varicose vein procedures. In the past, the only options for eliminating varicose veins were stripping or ligation, which were invasive and required a recovery time of up to two weeks. EVLT has changed all of that, using laser technology to get rid of veins in an effective, virtually painless way.

When you choose to undergo EVLT, you have chosen a procedure that will restore the function and aesthetics that have been marred by varicose veins. This outpatient treatment is safe, requires no anesthesia, and can be performed in our office in about an hour.

## Injection Sclerotherapy

This technique is used for the treatment of spider veins. It involves the injection of a special solution into the veins through tiny needles. A compression bandage is then applied for a short period of time to keep the veins collapsed. The veins gradually disappear. Some veins require more than