

VARICOSE VEIN DISEASE & TREATMENT MYTHS

Myth: Varicose vein disease affects only old people

Fact: Varicose vein disease can be genetic, and many younger people – some in their late 20s – may be affected. Heredity may be the most important factor, so if your parents and grandparents have the problem you are at increased risk. Other factors include gender, age, pregnancy, weight gain, physical trauma, frequently standing too long over a period of years.

Myth: Varicose vein disease affects only women

Fact: Women have a higher incidence of vein reflux disease due in part to the female hormones affecting the vein walls especially during pregnancy. But 15–25 percent of men may also develop varicose vein disease.

Myth: Spider veins = varicose veins

Fact: Though often lumped together, spider veins are very different from varicose vein disease in terms of cause, appearance and medical implications. Spider veins are tiny, dilated blood vessels that appear just below the skin's surface, typically on the face, neck, chest and legs. Spider veins are very common, but are mostly a cosmetic, not a health issue.

Myth: People seek cures for varicose vein disease merely because of vanity

Fact: Varicose vein disease can cause swelling and cramps that result in patients feeling tiredness, heaviness in the leg, as well as pain, aching or burning sensations. This is a real disease, involving reflux of the greater saphenous vein, that can have long-term consequences if not treated, including eczema, pigmentation, skin ulcerations and bleeding.

Myth: The only treatment for varicose vein disease is painful and puts people out of commission for two weeks

Fact: EVLT™ (Endovenous Laser Treatment) has been proven to be safe, effective and relatively pain free, with patients experiencing only minimal discomfort after the procedure and quick recovery times. It is an outpatient or in-office procedure that is completed in under an hour and allows the patient to walk out and resume normal activity the same or following day.

Myth: All laser-based veins treatments are the same

Fact: External lasers are used to treat spider veins for cosmetic purposes, but cannot treat and cure the cause of varicose vein disease. EVLT™ has been shown to offers 98 percent success at one month follow-up for its patients and 93.4 percent at two-year follow-up. These results are comparable or superior to those reported by radio frequency technologies; in fact, follow-up studies for radio frequency electrocauterization found 10-14 percent of patients showed some level of post treatment reflux (the original cause of varicose veins) and 7-10 percent had recurrent symptoms and/or varicosities.

Myth: There are going to be marks after undergoing the procedure

Fact: EVLT™ patients are less likely to suffer short-term bruising or long-term scarring compared to surgical ligation and stripping or other invasive treatments.

Myth: Closing off a major vein can cause circulatory problems later on

Fact: Treating the cause of varicose vein disease can entail closing off the faulty vein. There are many veins in the leg and after treatment the blood in the faulty veins will be diverted to healthy veins in order to make its way back to the heart.