

What You Can Do To Prevent Spider And Varicose Veins

Spider and varicose veins occur in both men and women, and increase with age. Also associated with pregnancy and being overweight, you can reduce their incidence and reoccurrence by:

- **Exercising regularly.**
- **Keeping your weight in a normal range.**
- **Avoiding prolonged sitting and standing.**
- **Not crossing your legs.**
- **Compression stocking use.**
- **Protecting your skin from the sun.**

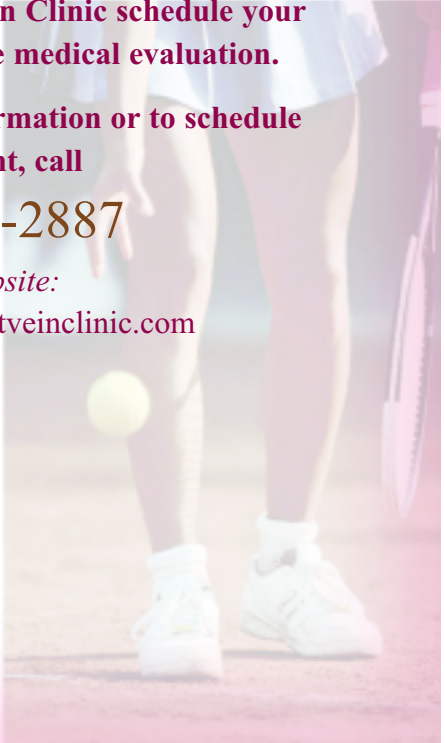
**Let the professional staff at the
Vanderbilt Vein Clinic schedule your
comprehensive medical evaluation.**

**For more information or to schedule
an appointment, call**

(615) 343-2887

or visit our website:

www.vanderbiltveinclinic.com



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Spider and Varicose Vein Treatment



For Vein Health and Beauty



Vanderbilt Vein Clinic

Varicose and Spider Vein Treatments Available at the Vanderbilt Vein Clinic.

For individuals with spider or varicose veins, relief is available at The Vanderbilt Vein Clinic at Vanderbilt University Medical Center.

Our highly skilled, board-certified vascular surgeons combine their clinical expertise with the latest cosmetic and surgical techniques to return patients' legs and feet to a more natural, youthful state. Most vein treatments are performed in the privacy and comfort of our clinic, usually under local anesthetic. Typically, the recovery time is brief and there are few side effects.

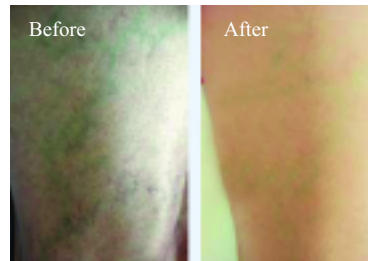
What You Should Know About Varicose And Spider Veins

Varicose and spider veins occur when blood being pumped back to the heart pools inside a vein, causing congestion and enlargement of the vein. Typically, varicose veins are swollen, dark purple or blue and often look like large ropes or a cluster of grapes. Spider veins are small thread like veins resembling a spider web, that lie close to the skin.

While these conditions are not dangerous, they can be unsightly, and for some, cause leg cramps and swelling. For some people, untreated varicose veins can even result in skin ulcers and blood clots requiring intensive medical care.

The Right Treatment Makes All The Difference

Today's treatments for varicose and spider veins are relatively painless with few side effects.



Sclerotherapy – To erase spider veins, a solution is injected into the affected vein, causing it to collapse and fade. While multiple treatments may be needed, sclerotherapy is the most effective treatment in eliminating spider veins.

Lasers – Several types of laser treatments are available to minimize or eliminate varicose and spider veins. Endovenous laser ablation (EVLT®) is a new, minimally invasive technique that closes off the blood supply to varicose veins and may replace the need for traditional treatments like “vein stripping”.



Surgery – Depending upon your diagnosis, phlebectomy may be needed, which removes varicose veins or vein clusters through several tiny incisions. Another surgical approach uses the TriVex® system which removes large vein clusters through tiny incisions using minimally invasive scopes. Traditional treatments like “vein stripping” are also available when warranted.

After Treatment

Wearing graduated compression stockings for the recommended time after treatment ensures the treated areas heal successfully. At the same time, they mask post-treatment bruising and incisions. These stockings are now available in styles and colors that fit any lifestyle or activity.

Insurance Coverage – Insurance may cover the cost of varicose vein treatment. Information about the cost of eliminating spider and varicose veins is provided prior to treatment. Billing coordinators will assist in determining your insurance coverage.