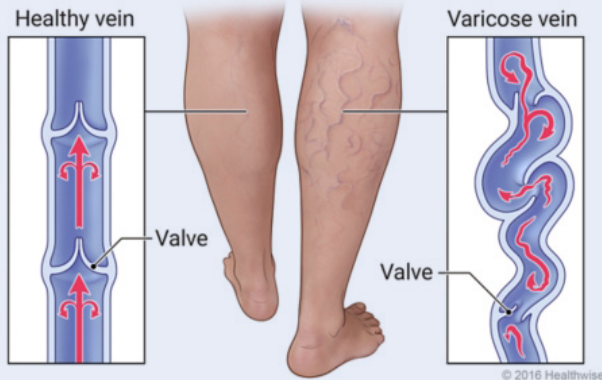


WHAT ARE VARICOSE VEINS?

Your veins carry blood to your heart. Valves within your veins keep blood moving in the right direction. If vein valves become weak, blood can flow backward. This backward flow of blood is called vein reflux.



Vein reflux causes blood to pool inside the veins. When blood pools, your veins can become stretched, twisted, or enlarged. These are called varicose veins.

Varicose veins occur most often in your legs. That's because veins in the legs carry extra pressure from sitting or standing.

Varicose veins can become visible bulges on your legs. Varicose veins can also cause pain and discomfort.

If left untreated, varicose veins can lead to more serious problems. These include blood clots and skin problems.

Diagnosing varicose veins

To diagnose varicose veins, your doctor will conduct a physical exam. He or she will look at your legs and ask about pain or other symptoms. Your doctor may also order an ultrasound test. This test can show how blood is flowing inside your veins.

WHAT UVVC PATIENTS ARE SAYING:

"My legs feel great! They do not ache or get tired when I stand or walk!"

"The leg pain, swelling, and heaviness are gone!"

"I could sleep without restless legs and leg cramps. Best of all, my insurance covered it."



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**Live Without
Leg Pain,
Heaviness,
and Swelling**

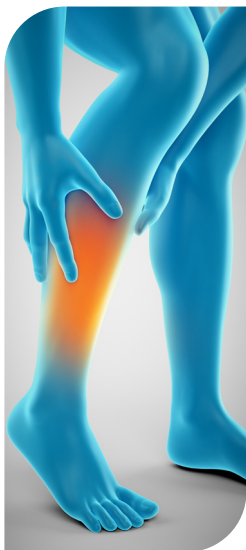


DO YOU HAVE VARICOSE VEINS?

Most people associate varicose veins with the bulges and discoloration they cause in the legs.

While their appearance alone can lead you to seek treatment, varicose veins often come with other painful or irritating symptoms.

For some people, these symptoms occur even without visible signs of varicose veins. That's because varicose veins can occur deep within the legs.



Varicose vein symptoms include:

- **Aching legs**
- **Calf and foot cramps at night**
- **Heaviness**
- **Itching and burning**
- **Pain with standing**
- **Restless legs**
- **Skin breakdown on ankles or legs**
- **Swelling**

Talk to your doctor right away if you experience any of these symptoms, as they may be signs of more dangerous blood clots.

AM I AT RISK FOR VARICOSE VEINS?



Varicose veins are common. Many things can increase your risk of developing this condition.

- **Age** is a risk factor for varicose veins. As you age, circulation changes can cause varicose veins.
- **Certain health conditions** increase your risk of varicose veins. These include diabetes, high cholesterol, and high blood pressure.
- **Family history** of varicose veins or deep vein thrombosis (DVT) puts you at higher risk for varicose veins.
- **Lifestyle factors and job requirements** can impact your risk for varicose veins. Sitting or standing for long periods can increase your risk for varicose veins. An inactive lifestyle also puts you at higher risk for varicose vein development.
- **Obesity or being overweight** puts pressure on your veins. This added pressure can lead to varicose vein development.
- **Pregnancy** can put pressure on the large vein that feeds your legs. This pressure can lead to varicose veins.

Talk with your doctor about your risk factors for varicose veins.



TREATMENT OPTIONS FOR VARICOSE VEINS

Varicose veins do not go away without treatment. Damaged veins must be sealed off or removed to restore normal blood flow.

At United & Vascular Vein Centers, we offer the most advanced treatment options for varicose veins. Our treatments aim to:

- **Reduce pain and discomfort**
- **Improve quality of life**
- **Prevent complications**
- **Enhance appearance**

Our board-certified physicians are specially trained in ablation, injection, laser, medication, and surgical procedures for varicose veins. We offer:

- **ClosureFast™ Radiofrequency Ablation**
- **Endovenous Laser Ablation**
- **Microphlebectomy**
- **Sclerotherapy**
- **Varithena®**
- **VenaSeal™**

Most treatments we offer take less than an hour and allow you to resume some activities on the same day.

A Focus on Quality and Safety

We are an accredited vein center by the Intersocietal Accreditation Commission. This recognition confirms our experience and dedication to quality and safety.

More than 20,000 people have relied on vein care experts at United Vein & Vascular Centers