



HEALTH AWARENESS

Suffering From Varicose Veins? You're Not Alone

(NAPSA)—Chances are you or a family member have them... twisted, bulging and unsightly blue veins running down the leg. They ache and make you self-conscious so that you don't want to wear shorts, even at the gym. For the approximately twenty-four million Americans who live with varicose veins—a potentially dangerous condition caused when valves in the leg veins fail—a new, less invasive surgical procedure can offer relief from the pain and discomfort.

Compared with traditional varicose vein surgery, which has been called a “blind” procedure, meaning surgeons can't always see or confirm removal of the vein, the new technique using the TriVex™ System allows surgeons to see the veins during the procedure and visually confirm their removal.

While several options exist for treating varicose veins, initial treatment is usually compression stockings worn during daily activities. The stockings may relieve the symptoms and delay the progression of the condition slightly, but do not cure the underlying problem. The definitive treatment is to stop the flow of blood back into the legs by surgically treating the varicosities.

“Traditional varicose vein surgery, which many times requires up to 20 to 30 incisions, causes a great deal of pain and requires a long recovery period,” said Gregory Spitz, M.D., F.A.C.S., inventor of the technique used with the TriVex System. “In fact, many people avoided treatment because they felt the cure was not worth the pain.”

The TriVex System, which requires as few as two to three small incisions, can significantly reduce postoperative pain and scarring, allowing patients to return to normal activities within days.

There are also steps you can take to minimize the risk of contracting varicose veins:



A new, less invasive surgical procedure can offer relief from the pain and discomfort caused by varicose veins.

- Avoid crossing legs when sitting since this impedes the flow of blood
- Avoid standing for long periods of time
- Elevate your legs when resting
- Maintain an appropriate weight
- Engage in light exercise, such as walking to improve leg and vein strength
- Eat high-fiber foods to avoid constipation which can contribute to varicose veins
- Cut salt intake to avoid swelling in your legs

For the 19 million women and five million men in America who suffer with varicose veins, the TriVex System can offer a new, minimally invasive approach. To learn more about varicose veins and to find a surgeon in your area that uses the TriVex System, visit www.veins1.com and use the “Locate a Doctor” feature.