

By far the finest vein care — close to home.

Vein Center

Our offices at the Stony Brook Technology Center in East Setauket.

- **From the Long Island Expressway (Rte. 495):** Take exit 62 North onto Nicolls Road, go 7 miles to Nesconset Highway (Rte. 347) and turn right (going east), then go 1.2 miles, turn left (going north) onto Belle Mead Road — then . . . *see below:*
- **From the WEST on Nesconset Highway (Rte. 347):** Go 3.5 miles east of Smith Haven Mall and turn left (going north) onto Belle Mead Road — then . . . *see below:*
- **From the EAST on Nesconset Highway (Rte. 347):** Go 3.3 miles west of Rte. 112 and turn right (going north) onto Belle Mead Road — then . . . *see below:*
- 📍 **Traveling north on Belle Mead Road,** turn right at the first traffic light onto Research Way and bear left to the Vein Center, number 24, on the right-hand side. Convenient parking is available.

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Stony Brook Vein Center

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East Setauket, NY 11733
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Surgical Care Center

Stony Brook Surgical Associates
37 Research Way
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Stony Brook Surgical Associates



Restoring Legs to Their Healthy Good Looks

Welcome to the Stony Brook Vein Center. We provide treatment for varicose and spider veins of the leg. Our vein specialists are board-certified vascular surgeons and full-time faculty of Stony Brook University Medical Center.

Feel Better — And Look Better, Too

Our specialists use the latest surgical and non-surgical techniques to treat vein disease, including new minimally-invasive techniques that let patients get back to their normal activities in usually just a couple of days. No general anesthesia or hospitalization is required.

Our specialists provide care that's tailored to each patient's individual needs. Most of all, they are dedicated to giving patients the care they need to have legs that not only feel better but look better, too. Restoring legs to their healthy, pain-free, good looks is what we do with pride.

What are varicose and spider veins?

Varicose veins are enlarged “rope-like” veins — blood vessels — that are swollen and raised above the surface of the skin. They can be flesh-colored, dark purple or blue, and often look like a cluster of grapes. They are commonly found on the back of the calves or the inside of the legs. However, they can form anywhere on the legs, from groin to ankle.

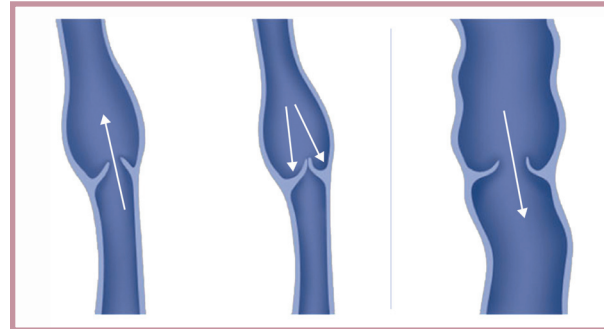
Spider veins are similar to varicose veins, but they are smaller and closer to the surface of the skin. They are often red or blue, and look like tree branches or spider webs. They can occur anywhere on the legs, and can cover either a very small or very large area of skin. They don't bulge like varicose veins, but are often more noticeable.



What causes varicose veins?

Varicose veins result from abnormal inner walls or abnormal valves in these blood vessels. Blood is carried through arteries from the heart to the rest of the body, and returned to the heart through the body's veins, called the venous system.

Veins have valves that act as one-way flaps, preventing blood from backing up and pooling.



Healthy vein valves and correct blood flow

Damaged vein valve and incorrect blood flow

When these one-way valves don't work properly, blood then may flow backwards, causing the veins to dilate (enlarge) and become varicose. The technical terms for this condition are *venous reflux* or *venous insufficiency*.

How common are varicose veins and spider veins?

More than 80 million Americans suffer from disease of the veins. About 50-55% of women and 40-45% of men suffer from some form of vein problem. Varicose veins affect 1 out of every 2 people older than the age of 50.

What are the risk factors for varicose veins and spider veins?

- Increasing age
- Family history
- Pregnancy and hormonal changes
- Obesity
- Prolonged standing
- Prior deep venous thrombosis

What are the signs and symptoms of varicose veins?

In many cases, varicose and spider veins cause no symptoms. However, these veins are often unattractive and may become painful. Prolonged sitting or standing tends to make legs with varicose veins feel worse. Some common symptoms of them include:

- Aching pain
- Itching
- Burning
- Leg swelling
- Easily tired legs
- Numbness in the legs
- Leg heaviness
- Darkening of the skin
- Rash on the legs
- Skin ulcers

When to seek medical advice?

Self-help measures (conservative therapy) can help ease the pain of varicose veins and may prevent them from getting worse. But if the way they look and feel becomes a concern or if self-help measures are not successful, then it's time to see one of our doctors.

How are varicose and spider veins treated?

Several options are available for the treatment of venous reflux (backflow) and varicose veins. Each has its advantages and disadvantages. After your consultation and ultrasound evaluation, our vein specialist will recommend the best plan of treatment for your medical or cosmetic needs.

Sclerotherapy

A "sclerosing" solution is injected into the vein that causes the vein wall to swell, stick together, and seal shut. This process stops the flow of blood, and the vein turns into scar tissue. In a few weeks, the vein should fade. The same vein may need to be treated more than once.

Most patients can expect a 50-80% improvement after treatment. Sclerotherapy treatments do not eliminate diseased veins after one single treatment. Patients need to be compliant with the number of sessions that are recommended to obtain the best results.

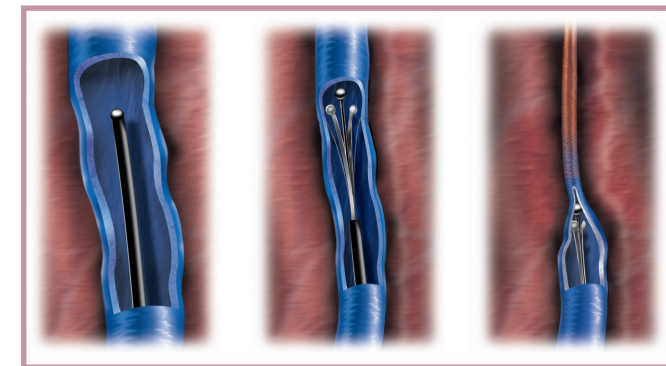
Endovenous Therapy

The minimally invasive endovenous approach constitutes a great advance for treating the deeper vein of the leg, the *saphenous* vein, when it does not function

normally and causes varicose veins. This new method has replaced traditional stripping surgery (see below) for the vast majority of patients with severe varicose veins in the leg.

The therapy is called endovenous because it is performed within the vein itself, by means of a catheter — a very thin, flexible tube. Once inside, the catheter sends out **radiofrequency** or **laser energy** that damages, shrinks, and seals the vein wall.

Veins on the surface of the skin that are connected to the treated saphenous vein are then removed with a technique called micro-phlebectomy. Healthy veins around the closed vein restore the normal flow of blood in the leg. As this happens, symptoms from the varicose veins improve.



Disposable catheter inserted into vein

Vein warmed and collapses

Catheter withdrawn, closing vein

The procedure is done in our office with local anesthesia. Patients are able to walk immediately after it is done, and generally return to normal activity in a couple of days. Endovenous treatment of varicose veins has been used for several years with excellent results.

Surgery

A small percentage of patients may not be suitable candidates for endovenous therapy, in which case they may require a short outpatient procedure, called vein stripping, to remove the saphenous vein. Prior to the advent of the endovenous option, vein stripping was the standard procedure for treatment of varicose veins for many years, and it has excellent results.

How successful is endovenous therapy?

Many clinical studies that document the success of endovenous therapy in patients have been published in the medical literature. The success of the procedure is over 95%. Like any medical treatment, however, endovenous therapy has certain risks. But the problems associated with these risks happen in less than 1% of patients treated with the endovenous procedure.

What should I expect after the endovenous procedure?

After the procedure you will wear a special support stocking for 2 weeks. There will be some bruising, which is normal, and will completely resolve in 4-6 weeks. You may also experience some mild discomfort, tingling and/or tightness in the treated leg, which should go away in 1-2 weeks.

Does my insurance cover treatment?

Most insurance companies cover treatments for varicose veins that are medically necessary, and in cases when conservative therapy with "compression" stockings has failed. Any treatment for cosmetic reasons, including sclerotherapy, is not covered.

How can I get more information?

Make an appointment for a free consultation with one of our doctors for answers to more specific questions about your condition (631) 444-VEIN (8346).

