

CLEVELAND HEALTHCARE

Do you have achy legs and noticeable leg veins?

Board-certified vascular surgeon **Patricia Duggan, M.D.**, stresses the medical benefits of treating varicose veins.



As we grow older, we may notice unsightly bulging veins in our legs or swelling in our ankles. Our legs may feel tired, achy, and heavy. While many people brush aside vascular treatment of unsightly veins as “vanity,” Patricia Duggan, M.D., a board-certified vascular surgeon in Mayfield Village, recognizes that these signs and symptoms can be due to a condition in our veins called “reflux,” or “venous insufficiency.”

“Many patients hold off on treatment of their varicose veins because they think it’s more of a cosmetic concern or simply due to aging,” says Dr. Duggan. “They don’t realize that their aching and cramping may be due to the same leaky valve condition that results in their bulging veins or swollen ankles.” Untreated venous reflux can also be linked to more serious conditions, such as blood clots, bleeding, or skin ulcers near the ankles.

You may have just attributed your tired legs to age or your busy lifestyle, but if you have this abnormal condition in your valves, you may greatly benefit from a 45-minute, relatively painless procedure performed in the office to seal the vein with the leaky valves. This procedure is called Endovenous Laser Ablation, and using the CoolTouch Laser, the vein is gently heated and sealed. Symptoms subside quickly, and

patients can return to work and exercise the same day.

The treatment of all patients with a venous condition starts with conservative treatment with compression stockings, daily exercise, and leg elevation. If an ultrasound shows reflux in the saphenous veins, and symptoms are persistent, a patient may be an ideal candidate to undergo this minimally invasive laser procedure. Furthermore, the laser procedure is covered by most insurance companies.

What are you waiting for?

Patients who notice prominent blue or bulging veins on their legs who have aching, throbbing, itching, cramping, restless or tired, heavy legs should not hesitate to make an appointment to have their venous circulation assessed. Some individuals notice bulging veins while other patients may notice swelling or darkening of the skin by their ankles. Vein problems get worse over time, and there is no reason to postpone treatment.

Though varicose veins can be treated by different types of physicians, it’s best left to trained specialists who have devoted their practice to vascular care. Dr. Duggan’s training as a vascular surgeon as well as dedication to treatment of patients with venous conditions allows her to provide this expert care, keeping complications and recovery times minimal.



“I love that patients are helped by a treatment that is so minimally invasive,” Dr. Duggan continues, expressing the personal joy her work brings. “It’s so rewarding to see that the aching and discomfort that have bothered my patients for years goes away quickly following the procedure. Not only do they feel great, but their legs look remarkably smoother and younger.”



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