

# VEIN HEALTH

## ROCKY MOUNTAIN VEIN CLINIC NEWSLETTER

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November 2010

Rocky Mountain  
**Vein  
Clinic®**

**WELCOME.** We are excited to be sending you our first issue of our quarterly newsletter. Our goal is to use our newsletter as a way to keep you updated on important information about venous disease, treatment advances, and happenings at the Clinic. If at any time you wish to stop receiving the newsletter, simply call or email us your requests and they will promptly be followed.



Dr. "Bo" Johnson M.D. FACS

### Can Heredity Cause Varicose Veins?

Read more about how you could be at risk inside...

### RMVC - New Laser for Spider Veins

The GentleMax® Laser is another great option for the treatment of spider veins.

As the regional leader for vein care we try and stay on the cutting edge of treatment to give you the best care possible. After months of research, we have added a new Candela Laser system for the treatment of spider veins.



Spider veins are those red or blue surface veins that make you self conscious. The GentleMax Laser is uniquely designed to treat spider veins just below the surface of your skin. This light based technology treatment is a safe, quick treatment with little discomfort. It is a good alternative to Sclerotherapy and is especially good for very small spider veins. The advantage of the laser is that you have no injections, it is noninvasive, there is no need for compression garments afterwards and normal activity can be resumed the same day as treatment.

### What patients are saying ...



Before

After

*"I had a large vein that twisted down my left leg. Not only is the ugly vein gone, and my legs look better, but I can't believe how great my legs feel. The aching and cramping are gone and I have more energy."*

*Joan, Billings, Montana*

### UPCOMING EVENTS

#### Consumer Education Seminar Online (Webinar)

**Topic:** Varicose and Spider Vein Symptoms & Treatments

**Date:** January 18, 2011 **Time:** 7:00 p.m. MST

**Location:** Your home computer

Follow us on Facebook or visit our website for upcoming details on this free seminar.



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## SYMPTOM WATCH



## Varicose Veins are a Progressive Condition.

Varicose Veins are a progressive condition. Initially, symptoms are mild. They tend to worsen slowly over many years. Often times the symptoms of vein disease are mistaken for other things because they come on so gradually and can be relatively vague.

The most common symptoms are:

- Leg cramps or Charlie horses
- Itching or burning in the legs or over veins
- Swelling of the leg, especially in and around the ankle that is worse at the end of the day
- Aching and tired legs at the end of the day
- Restlessness in the legs

Varicose veins are common and aren't generally associated with more severe health problems.

But they almost always cause symptoms, are unattractive and will worsen over time. Varicose veins if left untreated eventually can result in discoloration of the skin, poor circulation, and increase the risk for deep-vein thrombosis (blood clots) and even skin ulcers.

When it comes to varicose veins, early diagnosis and treatment are key. Varicose veins are a problem that can be successfully treated but the disorder cannot be permanently cured. The treatment of the abnormal veins does not remove the original tendency of a patient to develop varicose veins, but it does slow the process considerably. Therefore, many patients need to return for maintenance treatments after their initial treatment is completed. Treatment is also much easier the earlier we diagnose it. Delaying treatment often results in much more extensive procedures.

Rocky Mountain

**Vein  
Clinic®**

We have two convenient locations to serve you:

**Billings:**

2800 Central Ave., Suite A,  
Billings, MT 59102

(406) 252-8346, Toll Free (877) 251-8346

**Cody:**

125 Yellowstone, Cody, WY, 82414

(307) 527-7129, Toll Free (800) 418-0346

## FUN FACTS

### Can you answer these questions?

There are over 60,000 miles of veins in the human body?

True False

Venous disease of some type will affect over 80 million people?

True False

Crossing your legs is the primary cause of varicose veins?

True False

The way to diagnosis if you have venous disease is to have an Ultrasound conducted?

True False

Most insurance companies will cover treatment of varicose veins?

True False

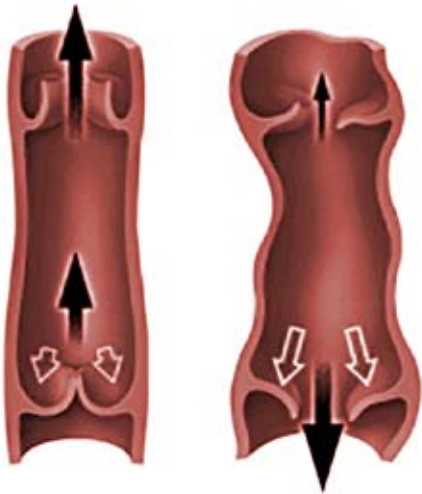
Turn to the back page to see the answers.

[www.rockymountainveinclinic.com](http://www.rockymountainveinclinic.com)

Regional leader in vein care.

## Can Heredity Cause Varicose Veins?

The biggest risk factor for developing varicose veins is heredity. If one parent has vein disease there is a 70% chance that the children will have it. If both parents have vein disease then the risk goes up to 90%. What is passed down through families is the tendency of the vein walls to be too elastic. Over time they dilate and the valves become dysfunctional which leads to venous blood going down the veins rather than up the veins back to the heart. If a person is prone to the problem genetically and then is subjected to other risk factors such as occupation, pregnancy, etc. they will develop varicose veins over time.



**The other critical factors contributing to you possibly having varicose veins in your life are:**

**Gender** – primarily due to the production of progesterone (a female hormone) females are more likely than men to get varicose veins (by a 4:1 ratio). This hormone has an effect on the vein wall.

**Age** – varicose veins are a progressive condition that worsens in frequency and severity with age. As we age, elastic fibers in our tissues begins to break down, leading to wrinkles in the skin and weakening of the walls of the veins.

**Obesity** – Excess bodyweight increases the pressure on vein valves and can lead to their weakening.

**Hormonal Changes** – changes in hormone levels brought on by puberty, pregnancy, menopause, hormone replacement therapy and contraceptives are risk factors for varicose veins because they have effects on the vein walls and on the tendency to form blood clots in your veins.

**Pregnancy** – Increased progesterone levels, blood volume in the body and pressure on the pelvic veins all contribute to the formation of varicose veins because of the significant stress they put on the veins in the legs. The odds increase with the number of pregnancies.

**Occupation** – People whose job requires them to stand or sit for long periods of time are at greater risk of developing varicose veins. When sitting or standing still, the veins in your legs are under increased pressure, which eventually causes them to dilate. This in turn will make the valves dysfunctional. This is the root cause of varicose veins. Professions such as; teachers, nurses, retail clerks, office administrators, hairdressers, truck drivers, and bank tellers all have greater risks of developing venous disease.

## EMPLOYEE UPDATE



Dr. Ruble

*"I am very excited about joining the RMVC team"*

We are pleased to welcome Dr. Robert Ruble, MD to the staff of RMVC. Dr. Ruble is a native of Denver, Colorado and attended Stanford University on a National Merit Scholarship, receiving his BS degree with honors. He then attended University of Colorado School of Medicine, where he received his medical degree. Dr. Ruble, internship and residency were in anesthesiology at the University of Oregon.

Dr. Ruble is Board-certified in anesthesiology while spending the majority of his career focused on cardiac and thoracic anesthesia at both Billings Clinic and St. Vincent's Hospital in Billings.

He and his wife Sheila have two grown children and live with a menagerie of animals. His interests include hunting, photography, and genealogy.

# Q.

## Ask Dr. Bo...

Are Spider Veins only a cosmetic issue?

# A.

In some cases this might be true. However, the clustering of spider veins around the ankle or lower leg is usually an indication that there are more serious venous issues in the leg. We would recommend that an ultrasound be conducted so that we can see the entire vein system and then make a diagnosis once all the information and facts are collected and analyzed. If there is a problem with the deeper veins that is not addressed prior to treating the spider veins, the spider veins will either be very difficult to treat or come back very quickly.

Have a question? Go to [www.rockymountainveinclinic.com](http://www.rockymountainveinclinic.com) and email us.

### “FUN FACTS” Answers:

*True, there are over 60,000 miles of veins in the human body.*

*True, there are approximately 80 million people who will experience some form or level of vein disease. From the minor – spider veins, to the serious – deep venous disease.*

*False, the crossing of your legs is not a major factor in the development of symptoms/conditions of varicose or spider veins.*

*True, an ultrasound will allow the physician (Phlebologist – vein specialists) to see the deeper and root causes of the disease.*

*True, most insurance companies do cover the treatment of varicose veins.*