

YOU'RE SO

VEIN

Pictured with physician assistant Jessica Allen, Nancy Bunville is pleased with the results she received at the Vein Clinic.



Simple treatment for getting rid of those varicose veins

BY BETH VINSON

Wearing shorts made her self-conscious, shaving her legs made her disgusted, and being asked what the bruises were on the back of her leg made her embarrassed. Nancy Bunville, 34-year-old wife, mother and nurse, said enough was enough. Like many other women, she decided it was time to remove her unsightly varicose “spider” veins.

“When I heard that Salina Regional Health Center was opening a Vein Clinic I knew the time was right,” says Bunville.

John Kelemen, M.D., cardiothoracic and vascular surgeon, and physician assistant Jessica Allen have treated many patients just like Bunville since the opening of the Vein Clinic.

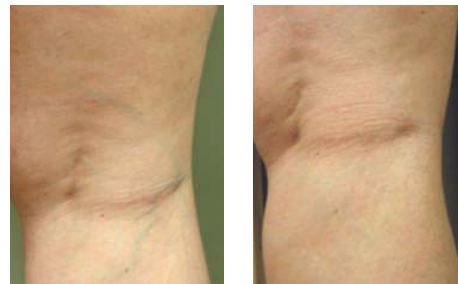
WHAT ARE VARICOSE VEINS AND SPIDER VEINS?

“Leg vein problems are caused by a degeneration of the valves in the veins that carry blood back to the heart and lungs. When valves fail to work properly, blood can pool in the veins, causing them to dilate and become visible,” explains Allen. Swollen and raised varicose veins are dark purple or blue and resemble twisted and bulging cords. Spider veins are broken capillaries closer to the skin’s surface, appearing red and bluish and like a tree branch or spider web, with short, jagged lines.

While spider veins are commonly removed for cosmetic reasons, some varicose veins, if left untreated, can cause problems, including leg pain, cramps, fatigue, hemorrhaging and ulcerations.

TREATMENTS ARE AVAILABLE

Superficial spider veins are typically treated with a procedure called sclerotherapy. This procedure involves injecting a solution into the vein, causing the vein walls to scar shut and redirect the



BEFORE

AFTER

blood to normal veins. Because the vein is no longer active, it becomes invisible. For treating larger veins, the clinic performs phlebectomy or endoluminal laser ablation surgery.

After treatment, patients are able to return to normal activities the same day or the following

day. Patients may experience only minimal discomfort or no pain at all following their procedure. Patients wear compression stockings during waking hours for two weeks following treatment. Most patients prefer to have these procedures done during the winter months to conceal the compression stockings.

A STEP AHEAD

What also sets Salina Regional’s Vein Clinic apart from the others is Kelemen’s specialty in cardiovascular surgery. He brings a wealth of experience in the treatment of vascular disease. He treats the entire spectrum of cardiovascular disease and is not limited in the magnitude of intervention he can use. Kelemen is able to treat everything from cosmetic spider veins to life-threatening heart conditions.

“We have the newest laser technology available right here at the Vein Clinic,” Allen says. “No matter if a patient comes to our clinic with cosmetic discontent, or with symptomatic venous disease, we can provide them the highest level of care available.”

Bunville couldn’t be happier with the treatment she received. “Jessica is so meticulous in what she does and I really liked that,” she says. “And now when I look at my legs I don’t see the ‘spider’ veins. I feel so much better about myself.”