

A Comprehensive Approach for the Effective Treatment of Leg Veins

The Cardiovascular and Interventional Associates of AAR were the first in the Washington Metropolitan area to perform non-surgical, state-of-the-art treatments for varicose veins. We are dedicated to providing you with the most successful results, using our comprehensive approach for both diagnosis and treatment of your individual condition. Our physicians are directly involved in the clinical assessment and therapeutic management of all types of varicose veins.

Our comprehensive approach includes:

- Full evaluation of your individual condition.
- A duplex ultrasound “map” of your unique venous system.
- Direct consultation with a physician to discuss your non-surgical options.
- Minimally invasive treatment of your cosmetic and symptomatic varicose veins.
- Post-therapy instructions and lifestyle tips for maintaining healthy veins.



Innovators in Health Care

For over twenty years, the Cardiovascular and Interventional Associates of AAR have set the standard for clinical and academic excellence.

We are proud of our leadership role in the Washington Metropolitan area, having been the first to develop a dedicated interventional radiology practice.

Our board certified physicians are at the forefront of technology, being among the first in the area to perform procedures such as abdominal aortic stent-grafts, uterine fibroid embolization and vein ablation for the treatment of varicose veins. These minimally invasive treatments often replace open surgery and generally involve less risk, less pain and shorter recovery times.

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A CLEAR VISION
FOR BETTER PATIENT CARE

ASSOCIATION OF ALEXANDRIA RADIOLOGISTS, PC
PROVIDES NON-SURGICAL VEIN TREATMENTS AT:

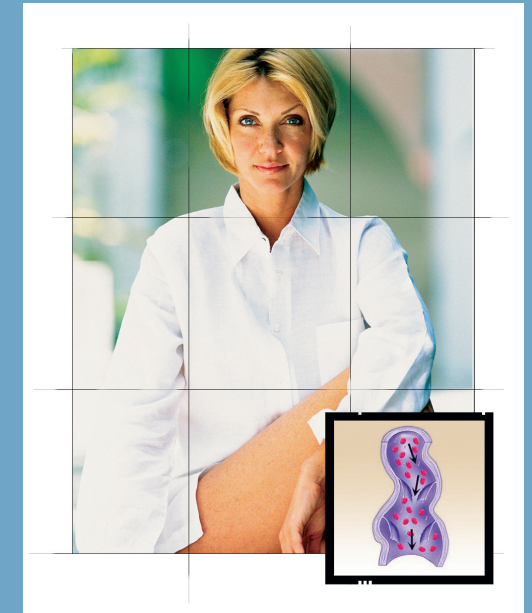
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VARICOSE VEINS

outpatient procedures
non-surgical alternatives

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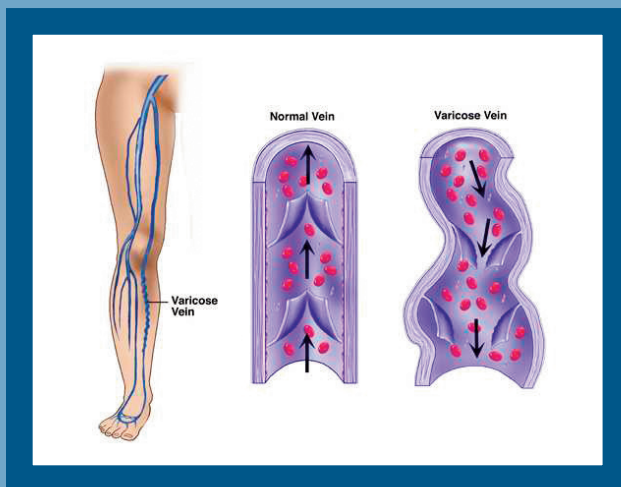


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Understand the Cause of Varicose Veins

Varicose veins are caused by an abnormal circulatory condition called venous insufficiency. The purpose of the venous system is to return blood to the heart. In order to do this, veins contain one-way valves, which prevent blood from flowing downward with gravity. When these valves become weak, they lose their effectiveness and do not close properly, causing blood to flow backwards (reflux) and pool in the veins. This causes the veins to enlarge, becoming more prominent under the surface of the skin. Venous insufficiency most commonly affects the veins in the lower extremities.



Varicose Veins vs. Spider Veins

Your unique network of veins is a vast and complex system. Valve dysfunction can occur anywhere within this network. The extent and severity of your individual condition is determined by the location of these abnormalities. When abnormalities occur within large veins (such as the greater saphenous vein), the result is prominent varicose veins that are rope-like in appearance. Valve dysfunction can also affect smaller veins, leading to “spider veins”. Spider veins are red, blue, or purple veins on the surface of the skin.

Know the Risk Factors and Symptoms

Vein disease affects both men and women. Risk Factors include age, family history, female gender and pregnancy. In women, pregnancy, especially multiple pregnancies, is one of the most common factors accelerating the worsening of varicose veins. Varicose veins can cause a variety of mild to moderate symptoms including:

- Aching leg pain, cramping and throbbing.
- Leg heaviness and easy leg fatigue.
- Itching, burning or swelling.
- Skin discoloration or ulceration.

Symptoms can arise from spider veins as well as varicose veins. Because these symptoms are caused by pressure on nerves from dilated veins, it is possible to experience symptoms without visible varicose veins.

Seek a Complete Treatment Plan

Not all varicose vein treatment facilities offer a comprehensive approach. In order to successfully achieve relief from symptoms and improvement in cosmetic appearance, it is often necessary to employ the use of multiple treatment techniques. AAR offers a full complement of minimally invasive treatments. During your clinical evaluation, your physician will use duplex ultrasound to develop a map of your unique venous system. This map helps to determine the root cause of your varicose veins. AAR offers several non-surgical options to effectively treat your individual condition.

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Experienced Physicians

Association of Alexandria Radiologists (AAR) is proud to be a leader in the field of interventional radiology. Our board-certified physicians were the first in Northern Virginia to treat varicose veins without surgery. Recently, they were recognized by their peers as “Top Doctors” in Washingtonian magazine. Our nationally recognized physicians serve their specialty and the community, conducting investigational research, hosting lectures, and serving as medical school faculty.

Vein Ablation - Endovenous Laser Treatment (EVLT®) and VNUS® Closure®

Venous insufficiency typically affects the greater saphenous vein which runs from the inside of the foot to the top of the thigh. This condition can be treated using an outpatient procedure called vein ablation. After applying local anesthetic to the skin, your interventional radiologist will insert a thin catheter into the vein and use ultrasound imaging to guide it up to the top of the greater saphenous vein. Then laser (EVLT®) or radiofrequency (VNUS® Closure®) energy is applied to the inside of the vein, causing it to heat and seal closed.

Once the vein is closed, the twisted and varicose branch veins shrink and improve in appearance. Other healthy veins then take over to carry blood from the leg, re-establishing normal flow.

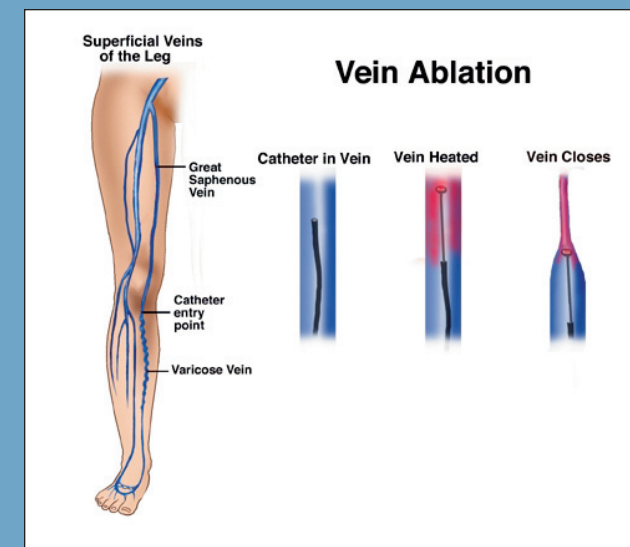
- Treatment takes less than one hour.
- Once the faulty vein is closed, symptoms improve. Most patients return to normal activity immediately.
- Some patients may experience minor soreness or bruising, these can be treated with over-the-counter pain relievers.
- No scars or stitches. No surgical incision is required, just a small nick in the skin the size of a pencil tip.

Microphlebectomy

In cases where complete cosmetic improvement is not achieved through vein ablation, your interventional radiologist may recommend microphlebectomy. In this procedure, varicose veins are removed through a series of small nicks in the skin.

Sclerotherapy

Sclerotherapy can be used to treat spider veins and some varicose veins. In this simple procedure, an extremely fine needle is used to inject a vein-shrinking solution into the visible veins. Over a short period of time, these veins will close and disappear. Effective treatment may require more than one sclerotherapy session.



Request a free patient information kit
at info@alexandriaradiology.com