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Ask

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EXPERT



Healthy, Beautiful Legs for Two

Are varicose “spider” veins a symptom of vein disease? Are men predisposed also?

Spider veins, also known medically as telangiectasia are tiny purple veins near the surface of the skin that appear perpetually dilated and visible mostly on the thighs, calves and ankles but can also appear on the face. Many people who suffer from spider veins or ropey varicose veins simply see the issue as a cosmetic issue that they may or may not choose to address. However these types of veins may be a symptom of a more serious issue known as “Venous Insufficiency” or “Venous Reflux Disease”. Most commonly venous insufficiency presents as aching, unreasonable tiredness of the legs, swelling with night cramps. It is recommended to have a full venous consultation with an exam and a venous ultrasound for the evaluation of defective venous valves.

Although we see higher incidence in female population, this condition can impact men and women alike, as the statistics reveal. Unfortunately, the perception that varicose veins are primarily a female problem keeps many men from seeking treatment for their bulging vessels. Varicose veins are now treated with a minimally invasive in office procedure.

How will I know if my vascular condition is covered by my insurance?

Yes, most insurances cover the medical condition of Chronic Venous Insufficiency after the conservative management has failed (compression stockings and life style changes). Signs and symptoms of CVI:

- Protruding, swollen veins
- Aching pain
- Heaviness in legs
- Leg swelling
- Itchy or irritated rash
- Restless legs
- Darkening of the skin around the ankles

With the clinical findings of above signs, symptoms and an venous Ultrasound study demonstrating defective valves, we will submit the requirements for predetermination to get approval from your insurance company.

What is “heavy” or “restless” leg syndrome mean?

Heaviness in legs: Many people with varicose veins complain the sensation of heaviness in their legs. While it is normal to have tired, achy or heavy legs after physical exertion, but is abnormal if you have to work hard to lift your legs to walk. This may suggest that the return of blood flow from the legs to the heart is compromised. When the leg veins are weak, it can cause oxygen depletion, which can lead to a feeling of heaviness in the legs.

Restless legs: Restless leg syndrome (RLS) is characterized as a throbbing, unnerving sensation in the legs. Even with the elevation, the legs may experience unpleasant sensations (e.g. creeping, tugging and pulling) and temporary relief may only be found by constantly moving them about- RLS can be accompanied by an irresistible urge to move the leg. This syndrome, for many, is often the result of the central nervous system malfunctioning. But varicose veins, a secondary cause, can contribute to RLS symptoms in about 25 percent of patients.



Call Dr. Reddy for a consultation today (708) 354-8881 or email veinandvascularcenters@gmail.com.



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With more than 16 years of experience in performing endovenous laser vein treatments (EVLV) and sclerotherapy, Dr. Reddy has become one of Chicago's premiere vein treatment specialists.

