

A HEALTHIER LEG TO STAND ON

# Vein Programs



**The NewYork-Presbyterian/Columbia University  
Division of Vascular Surgery Vein Programs**

*Innovative treatment for all forms of vein disease*

## The NewYork-Presbyterian/Columbia University Division of Vascular Surgery Vein Programs

The NYPH/Columbia University Division of Vascular Surgery Vein Programs provide the full spectrum of minimally invasive treatments for vein disease, including cosmetic issues, spider veins, and superficial varicose veins. Also included are the more complex forms of venous disease such as ulcers, venous hypertension, and blood clots.

Using the most advanced techniques available today, we offer expertise for the treatment of venous diseases that can be found only in a comprehensive vein program. Due to our extensive experience in the management of venous disease, we are able to offer cutting edge clinical trials with the most advanced therapies before other centers in the country have access to them. As a result, our patients receive the most advanced care first.

The vascular faculty, recognized both nationally and internationally, is dedicated to the development and utilization of advanced minimally invasive therapies for venous disease. In recognition of this expertise, we serve as a national center for physician training. The combination of all these factors allow us to provide superior outcomes for our patients.



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## Veins and Vein Disease

Veins carry blood from all parts of the body to the heart. One-way valves help to direct oxygen-depleted blood back to the heart. When these veins don't function properly, blood can leak back in the veins, down the leg resulting in vein enlargement, varicose veins, or other symptoms.

### There are three types of veins in the leg

- Superficial veins are just below the skin, and may develop spider veins, varicose veins, and reticular veins
- Deep veins are the main veins, and are located within the leg muscles, pelvis, and abdomen
- Perforator veins connect the superficial and deep veins

Vein disease may affect any of these three vein types. Diseases and disorders of the veins affect an estimated 80 million Americans, or about 40% of women and 20% of men overall, and include:

- Tiny spider veins
- Varicose veins
- Chronic venous insufficiency (CVI)
- Venous leg ulcers
- Deep vein thrombosis (DVT)

While disease of the small veins may not pose a health threat, it may be a cosmetic issue. Disease of the large veins can be serious or even life threatening, and can occur without any warning or significant symptoms. Any sign of vein disease should be evaluated by a vein specialist in order to determine the potential progression to more dangerous forms of disease.

"Before treatment, my legs were very heavy, achy, and I couldn't walk much at all. After laser sclerotherapy, I feel great. I just walked around Disneyworld for four days and had no problems whatsoever."

–*Mary Lippman, age 65*

"I went from having gigantic, painful veins to having no pain at all. It's like I have new legs! I could not have asked for a better result."

–*Ron Gilmer, age 51*

"Since 2002 I had been in severe pain, walking with a cane, and I became very depressed about how poor my quality of life had become because of my leg ulcers. Today, my pain is gone and I am out and about. Thank you for giving me my life back."

–*Darlene Seyfried, age 47*

## Treatments Offered at The Division of Vascular Surgery Vein Programs

The faculty in the Division of Vascular Surgery Vein Programs treat the full range of vein disorders and diseases, from cosmetic concerns to the most serious health emergencies.

### Vein therapy may be recommended for three main reasons

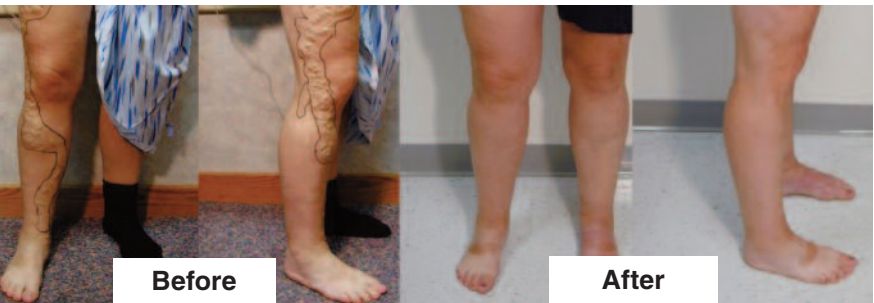
- The patient wishes to improve cosmetic appearance
- The patient experiences symptoms such as aching, throbbing, heaviness, or swelling
- Bleeding, ulcers, clots, or other complications of vein disease are present

Most procedures in our Vein Programs are performed through a minimally invasive approach, using local anesthesia or mild sedation. Most procedures take 20 – 30 minutes. Many patients return home the day of treatment and can resume normal activities, including exercise, in a day or two.

After treatment, most patients experience a significant improvement in symptoms, appearance, and prevention of complications of vein disease.

### Therapies offered at the Vein Programs include

- Microwave treatments
- Sclerotherapy (using chemical, radiofrequency, or laser) light energy
- Endovenous Ablation
- Angioplasty/Stents
- Pharmacomechanical Thrombolysis (to treat deep vein thrombosis)
- Additional innovative therapies available as necessary



Before and after images of varicose veins

## Contact Us:

For further information:

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To learn more about the Vein Programs,  
please visit us on the internet at: [www.columbiavasculardiv.org](http://www.columbiavasculardiv.org)



## The NewYork-Presbyterian/Columbia University Division of Vascular Surgery Vein Programs located at:

**NewYork-Presbyterian Hospital/Columbia University Medical Center**  
161 Fort Washington Ave. 5<sup>th</sup> Floor  
Herbert Irving Pavilion, NY, NY 10032

**NewYork-Presbyterian/Allen Hospital**  
5141 Broadway (at 220<sup>th</sup> St.), 3<sup>rd</sup> Floor NY, NY 10034

**NewYork-Presbyterian/Columbus Circle**  
1790 Broadway, NY, NY 10019

**NewYork-Presbyterian Hospital/Columbia University Vein Program**  
350 Engle Street, Englewood, NJ 07631

## Vein Programs Physicians

NYPH/Columbia vein specialists use the most technologically advanced and least invasive procedures for vein care. Patients seeking treatment will benefit from the comprehensive approach to the full spectrum of vein disorders including; spider veins, varicose veins, blood clots and ulcers. Our physicians use the latest technology available and most procedures can be performed on an outpatient basis.



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