

Westchester Business Profile

By Rich Monetti

Vascular Associates of Westchester

Varicose veins occur due to a condition known as Venous Reflux disease. "This is a disease where valves in the surface veins are not functioning properly", says Dr. Arun Goyal of Atrium Laser Vein Center in Mount Kisco, NY. "In turn, the blood flow is reversed and blood pools down in the distended veins instead of traveling up towards the heart. Varicose veins were once treated with vein stripping and ligation procedure which resulted in a long painful postoperative recovery. Today with modern methods patients are awake during the procedure and get up and walk the same day.

Endovenous laser (EVL) and Radiofrequency Closure Fast procedure involves placement of a catheter in greater saphenous vein without an incision. Tumescence local anesthesia is

given around the vein with real time ultrasound imaging. The distended vein is collapsed and sealed off with a laser or radiofrequency energy respectively. Otherwise, he says, the main difference between the two is that Closure Fast ends up having less post operative pain.

By applying compression bandages after the office procedure and getting the correct fit, this helps optimize the time it takes for the patient to recover. "We test it out," he says, as patients get up off the table we determine the proper bandage tightness; and therefore the patients are able to walk immediately after the procedure.

Upon leaving for home, patients are instructed to walk at least one mile daily and return to the office in four days. "I tell patients all the time that the most uncomfortable part of this procedure is to keep the bandages on for that long," he says.

Of course, the application of the local anesthesia rather than being put under general anesthesia makes everyone rest easier in terms of safety. Patients treated under local anesthesia are able to move during the procedure and have less stagnation of blood and thus have lower chances of blood clots. Additionally, since patients are awake they can be monitored during the procedure of the adequacy of the tumescent anesthesia. This reduces the risk of injury to the surrounding structures.

Unfortunately, old procedure or new, the veins can grow back; but the chances of that are far slimmer with the procedures of today. In turn, the best way to prevent the recurrence is to avoid what most likely caused the problem in the first place. Being overweight; or standing or sitting in one place for prolonged periods of time is usually the culprit. "Be active," he says, and keep the circulation in the legs moving, he adds.

Having done over 2500 of these procedures, Atrium Laser Vein Center has one of the largest experiences in the United States in the treatment of varicose veins. "You have to keep up with the new technology and adapt to it," he says. "We strive to help patients achieve healthy and beautiful legs," he adds.

But in the end, the reward of making a difference in the lives of others is something that always stays the same. What I like is that we are able to improve the lives of so many patients, he concludes. For more information, please visit <http://www.vascularweb.com/>



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