

VEIN ABOUT YOUR LEGS?

Dr. Dr. David Goldberg Introduces the Best Solutions For Spider Vein Removal

Q: Dr. Goldberg, why do I have spider and varicose veins?

A: No one knows the exact cause of spider and varicose veins, but there are several factors that cause a person to be more likely to develop them. Heredity, or being born with weak vein valves, is the greatest factor. Hormones also play a role. The hormonal changes that occur during puberty, pregnancy and menopause, as well as taking estrogen, progesterone and birth control pills can cause a woman to develop varicose veins or spider veins. Other factors that weaken vein valves and may cause unwanted veins include aging, obesity, sun overexposure (for facial veins), leg injury and/or prolonged standing or changes in pressure from long hours spent on a plane.

Q: What is the best treatment option available to get rid of these unsightly veins?

A: There are a variety of wonderful treatment options available for unwanted veins that involve little pain and/or downtime. One of the most effective is called Sclerotherapy otherwise known as injection therapy for spider veins and larger surface reticular veins of the leg. Sclerotherapy takes approximately 20-45 minutes and works by injecting a sclerosing solution into the vein, which causes it to collapse and eventually fade from view. The American Academy of Dermatology states that most patients can expect a 50% to 90% improvement after treatment. Sclerotherapy does not require anesthesia and may be combined with laser treatment and ambulatory phlebectomy to optimize your results. This new vein treatment can be done in the doctor's office with no downtime or side effects.

Q: Is laser vein removal a safe, effective option?

A: Yes. Another popular treatment option to cure spider veins is through laser therapy. This is a proven treatment for getting rid of unsightly broken and dilated vessels as well as other unwanted vascular lesions, such as rosacea, port wine stains and birthmarks. In fact, the latest advances in laser technology have given us a method for removal that is safer, faster and more effective than many previous treatments. Lasers work by emitting a specialized light that is passed through the skin and absorbed by the unwanted vessels which in turn causes the vein to break up and disappear. There are several lasers available that work remarkably well in treating unwanted veins. While the treatment is near painless, some describe the treatment feeling like a rubber band snap against your skin. Afterwards, any discomfort can be eased quickly with the application of cool compresses and you can immediately return to normal activities. In its totality, the dissolution of the vein breaks up and the healing process is over within a few short weeks. Multiple treatments are required for optimal results. The most common side effect is bruising, or purpura, around the treated area. This will resolve after treatment and rarely occurs.

David J. Goldberg, M.D. (<http://www.skinandlasers.com>) is on faculty and Director of both MOHS Surgery, and Laser Research, Mt. Sinai Medical Center in New York; and Director of Skin Laser & Surgery Specialists of New York & New Jersey. He is past President of the American Society for Laser Medicine & Surgery. Dr. Goldberg was voted "one of the top ten laser surgeons in the U.S." by Self Magazine and "one of the best doctors in America" by Woodward/White, Inc. He was recently named Editor in Chief of the first web-based cosmetic laser e-journal located at <http://www.lasernews.net>

Dr. Goldberg on the Road:

10/1/2004 American Society for Dermatologic Surgery Annual Meeting, San Diego. "The Science behind Radiance as a Filler Agent"

10/7/2004 International Society for Dermatologic Surgery, Annual Meeting, Barcelona, Spain. "Lasers, Fillers and Botulinum Toxin for the Aging Face"

10/15/2004 American Society for Dermatologic Filler and BOTOX Workshop-Course Director. "Fillers and Botulinum Toxin Injections" Laser Hair Removal, Workshop Director, Dallas, TX

10/16/2004 American Society for Dermatologic Filler and BOTOX Workshop"-Course Director, NYC. "Filler Agents and BOTOX"

10/31/2004 South Beach Dermatology Annual Meeting, Miami Beach. "Past, Present and Future of Filler Agents"

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