## Do you suffer from any of the following?

- **Leg Pain and Swelling**
- **Leg Heaviness**
- **Restless Legs**
- **Leg Cramps**
- **Blood Clots**
- **Varicose Veins**
- **Leg Discoloration**
- **Leg Ulcers**
- **Spider Veins**

If so, you may be one of the 40 million Americans who suffer from venous disease.

This condition is the result of faulty valves in the veins and is called Venous Insufficiency.

### The Stern Cardiovascular Vein Center

can provide the solution to your leg pain and varicose veins!

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### Do I have Venous Disease?

Use the test below to determine whether or not you may have venous disease. Use the following scale to choose the most appropriate number for each situation.

0=Never 1=Occasionally 2=Frequently 3=Daily  
Yes=1  No=0

1. Do you experience swelling in your legs, ankles or feet?  
2. Do you experience pain in your legs?  
3. Do you have varicose veins? Yes or No  
4. Do you experience cramping in your legs or calves.  
5. Do you experience restless legs at night?  
6. Do you experience itching or skin changes on your legs?  
7. Do you work in a profession where you are on your feet a large part of the day?

Your Total: __________

Anyone with a **4 or higher** should call to schedule an appointment for a full evaluation.

**Call today for your initial consultation!**

**901.271.2240**

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*Photo Credit: Photography by Fleshman*
What is Venous Insufficiency?

Over 40 million Americans suffer daily with painful, swollen legs as a result of venous disease. This condition is the result of faulty valves in the veins and is called Venous Insufficiency. In a healthy vein, there are one-way valves that allow the blood to move toward the heart, but not away. In a diseased vein, these valves do not work properly, allowing the blood to fall downward in between heartbeats. This back and forth motion of blood leads to an increased venous blood pressure resulting in inflammation of the tissues around the vein. This inflammation can cause: **leg pain, swelling, bulging varicose veins, heaviness, restlessness, cramps, skin discoloration, numbness, tingling, ulcers, Deep Vein Thrombosis (DVT), and blood clots.** Left untreated, this condition only worsens over time.

Risk Factors

Heredity is the number on risk factor for venous disease. If either of your parents had varicose veins/venous disease, you have a 60% chance of developing this condition, if both parents were affected your risk increases to 89%. The second most common risk factor is gender. This condition affects 25% of women and 15% of all men. Women who have had multiple pregnancies also have a 67% chance of developing this condition. Additionally, professions that require long periods of sitting or standing, increase one’s risk for venous disease. Age is also a risk factor. While older individuals are at a higher risk for venous disease, it can start as early as late adolescence.

"My legs are hurting"

"I can't take a short walk without pain"

How Can We Help You?

Stern Cardiovascular’s Vein Center offers a treatment known as an endovenous radio-frequency ablation. This is a minimally invasive procedure where a catheter is inserted in the diseased vein by way of a small (2-3mm) incision. Radio-frequency waves are applied to the vein walls causing them to close. Your body naturally re-routes the blood through other healthy veins. The procedure is done under local anesthetic and is covered by most insurance carriers, including Medicare. Patients walk out of the vein center and return to their normal activities same day!

Frequently Asked Questions

1. Is the closure procedure painful?
   a. Patients report feeling little, if any pain during and after the procedure.

2. How quickly can I resume normal activity?
   a. Patients are walking immediately following the procedure, and patient typically resumes normal activities within one day!

3. How soon will my symptoms improve?
   a. Many patients notice an immediate relief of symptoms such as pain, leg heaviness and fatigue.

4. Are these procedures covered by insurance?
   a. Most major insurance companies, including Medicare, cover all treatment options with the exception of Sclerotherapy, which is used for the treatment of spider veins. Your physician can discuss your coverage further at the time of your consultation.