

Eliminating Varicose Veins

NEW TREATMENTS BRING RELIEF

~BY DR. KAMRAN GOUDARZI~

When a surgical resident asked a professor "What is the treatment for Varicose Veins?" The professor replied, "Amputation." When the resident asked "Why?," the professor replied "Because there is no cure, they always come back!"

That was a long time ago-about thirty years, to be exact. Today, varicose vein therapy is coming out of dormancy and we are entering a new era where there should

be no reason for anyone to suffer from this disease. Although there are centers where varicose veins are still treated as they were thirty years ago (i.e..stripping veins in an operating room under general anesthesia), the choices in the management of varicose veins has changed significantly.

After extensive research into the treatments available today it is my opinion the most effective long lasting treatment is endovenous laser ablation. This procedure

allows the destruction of varicose veins in the office setting without general anesthesia, with minimal discomfort, at one fifth of the cost of operation room treatment, and virtually no blood loss. There is minimal scarring. Patient satisfaction with this treatment is excellent. There is less than a 3% recurrence rate in most reports.

During the first consultation between the patient and the physician or medical staff we investigate and try to understand (utilizing ultrasound and physical exam) what has caused this patient's varicose vein, what is needed to eliminate and prevent recurrence. This evaluation is important to determine and to establish a treatment plan that is appropriate for each patient. It is important to determine what is keeping and feeding the veins open, what we are dealing with and what it will take to eliminate the problem.

Treatment: The largest veins are treated with laser ablation. What this involves is the insertion of a small catheter (smaller than an IV line) inside the vein through which a guide wire is passed into the vein. This allows a larger catheter to be passed into the vein and through this catheter, we insert a laser filament, which is like a small fiber optic light. Then we use ultrasound with the help of an ultrasonic vascular technician to confirm position of the line. We then apply the laser, to seal vessel walls together and the body then absorbs the vein over a period of time.

The vein tract feeds the majority of smaller veins, the destruction of this vein tract will also destroy the smaller veins that are fed by this. Later, if other branches are still present, we use a combination of injection and topical laser or stab phlebectomy or injection.

I believe that we have arrived at the dawn of a new age for the treatment of varicose veins. We are approaching the ultimate goal, which is a cure for this disease. Dr. Kamran Goudarzi is among the 249 physicians in the United States who are certified in phlebology. Phlebology is the branch of medicine that deals with veins and disease of veins. Phlebologist is a physician who specializes in the diagnosis and treatment of vein disorders.

This state-of-the-art treatment for the removal of varicose veins is now available at the Vein & Laser Center of Wilmington. At the center we are able to offer the newest technology, a highly skilled surgeon with years of treatment of varicose veins, and a highly motivated team of professionals ready to help. If you would like more information please visit our web-site at: www.veinandlasercenterofwilmington.com or call us at 910-763-6571 or toll free 1-877-VEINCTR (834-6287) to set up your free initial consultation.



Dr. Goudarzi completed surgical training in the United States and medical school in London, England. The American Medical Association (AMA) approved the recognition of Phlebology as a self designated practice specialty recently. Dr. Kamran Goudarzi is currently one of only less than 250 physicians in the United States that is Board Certified in Phlebology from the American Board of Phlebology. He continues to practice in General Surgery and Vascular Surgery but has dedicated a good portion of his work to the treatment of venous disease. He pioneered the Vein and Laser Center of Wilmington around 2001 and has been performing laser ablation of varicosities since then. This center was one of only 4 centers in North Carolina. At the time of inception it was also the only one of its type in Wilmington, NC. Dr. Kamran Goudarzi has performed 1500 laser venous procedures since then. Dr. Kamran Goudarzi provides free venous consultations at his office.

