

IS YOUR MALE PARTNER KEEPING HIS VENOUS INSUFFICIENCY A SECRET?

by Dr. Kamran Goudarzi

A friend once asked me, "Why is it that although men are affected by venous insufficiency (almost as many as women), they rarely seek care?" I am unsure about the answer but I have a rough idea.

Having been in medicine for most of my life and travels, including several continents, I have seen a few trends which affect us men. These are my personal opinions so if I offend anyone I apologize. First of all, I believe that men are embarrassed to let their wives know when they are suffering because it is not "macho". Secondly, I believe men are nervous about seeing a doctor or receiving care because, "what you don't know won't hurt you." The reality is that ignoring the problem does hurt you and will lead to a lot more hurting if not taken care of early enough.

As they say in the South my own father was "bless his heart" never sick and did not need to see a doctor. He felt that my mother was the one who was always sick. Doctors diagnosed my father with colon cancer (a preventable disease), and he died several years before my mother because of the delay in care.

Venous insufficiency isn't colon cancer but can lead to a fair amount of unnecessary misery if not detected early enough. The degree of cowardliness that men have acquired does not seem to be partial to ethnic origin, race, religion or other issues, at least in my experience. Therefore this leaves a tremendous responsibility on you ladies; to make sure your men are taking care of their medical issues.

Venous insufficiency can lead to painful tired legs, night cramps, inability to work, exercise, or stand for long periods of time. Symptoms include night cramps, in some cases,



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restless leg syndrome, leg ulcers, leg swelling, bleeding varicose veins, or bleeding spider veins to name a few.

In the words of Charles Darwin, "The vigorous, the healthy, and the happy survive and multiply." Although he was talking about evolution, this could easily apply to venous insufficiency. Our species has not had much difficulty with multiplying but the vigor, the health and therefore the happiness, are conditions which can be improved once venous insufficiency is treated.

I provide a free vein consultation at multiple locations at the Scarless Vein Care by Dr. Kamran.



Kamran Goudarzi, MD

Kamran Goudarzi, MD is one the nation's leaders and pioneers in the scarless treatment and elimination of varicose and spider veins. One of the first surgeons in the United States to achieve board certification by The American Board of Phlebology (the study of venous disease), Dr. Kamran has now performed thousands of successful procedures in the field. With extensive training in both the US and Great Britain, Dr. Kamran has remained on the forefront of the latest breakthroughs in the treatment of venous disease.