



VENOUS INSUFFICIENCY QUESTIONNAIRE

DO YOU HAVE?

- ☐ Varicose veins
- ☐ Ulcers, open wounds or sores
- ☐ Require compression "Unna boot" or stockings
- ☐ Leg heaviness and fatigue
- ☐ Leg or ankle swelling
- ☐ Leg pain, aching or cramping
- ☐ Skin changes or rashes

If you answered, "yes" to 3 or more of
these questions, contact your VIA
physician today by calling
716-852-1977.

All contents of this brochure were created for
informational purposes only. The content is not intended
to be a substitute for professional medical advice.

LOCATIONS:

Main:

Buffalo Vascular Care (BVC) – Outpatient Treatment Facility
6337 Transit Road, Depew, NY 14043

Satellite offices:

190 Washington Avenue, Batavia, NY 14020

6934 Williams Road, Suite 400, Niagara Falls, NY 14304

Azher Iqbal, MD

Medical Director, BVC

Board Certified Vascular Interventional Radiology

Assistant Clinical Professor of Radiology, SUNY Buffalo

OFFICE HOURS

Monday-Friday 8:00 am – 4:30 pm

SCHEDULING INQUIRIES

Contact BVC by calling 716-852-1977

buffalovascularcare.com



VARICOSE VEINS AND LEG ULCERS



Buffalo
Vascular Care

716.852.1977

BuffaloVascularCare.com



WHAT IS VENOUS INSUFFICIENCY?

A system of deeply embedded veins in the calf muscle perform function of moving column of blood against gravity back to the heart. With each calf muscle contraction, blood is moved against gravity utilizing a system of valves within the veins.

When these valves become incompetent, "vein reflux" results. In venous reflux, the blood is not propelled efficiently back to the heart. The increased pressure in the veins causes the superficial veins under the skin to dilate and become varicose veins. Over time, fluid and proteins from the blood accumulate in the lower extremities causing edema, swelling, skin changes and eventually ulcers (so-called venous stasis ulcers).

WHAT ARE SYMPTOMS OF VENOUS INSUFFICIENCY

- Varicose veins/spider veins
- Legs that ache, feel tired and feel heavy specially at the end of the day
- Leg swelling/edema
- Restless legs at night
- Darkening of skin over shin, calves and feet
- Ulcer formation

HOW IS VENOUS INSUFFICIENCY TREATED?

Along with any vein ablation procedure, **weight loss** and **external compression** provide prolonged benefits.

A thorough workup is performed to look at various causes of **vein reflux**. This includes a specialized Doppler ultrasound of the leg. MRI or CT of abdomen or pelvis may be obtained at the discretion of the treating physician to assess for underlying obstruction of pelvic veins. In some cases, a venogram maybe performed to attend further information.

Compression stockings help direct the blood in your legs back to your heart. If compression stockings do not relieve your symptoms, other options are available.

Vein ablation is an outpatient procedure performed in an office setting. Using ultrasound guidance, a small catheter is inserted into the refluxing vein segment. Radiofrequency or laser energy seals the vein closed. Once the vein is closed, it shrinks in appearance, the blood is redirected to healthy veins and varicose veins decompress.

Sclerotherapy is when a small needle is used to inject the varicose vein with a solution that causes it to shrink.

During **ambulatory phlebectomy**, the abnormal vein is removed through a small incision or a series of small incisions.

WHAT PUTS YOU AT RISK OF VENOUS INSUFFICIENCY?

- Age
- Family history
- Female
- Pregnancy
- Obesity
- History of DVT (deep vein thrombosis)

HOW IS VENOUS INSUFFICIENCY DIAGNOSED?

A Duplex ultrasound, or Doppler, is used to map out the veins in your legs and track the blood flow. It is a painless, non-invasive test.

