

# Eliminate Unsightly Leg Veins

Millions of people are bothered by spider veins - Spider veins are those small yet unsightly clusters of red, blue or purple veins that most commonly appear on the thighs, calves and ankles. It's estimated that at least half of the adult female population is plagued with this common cosmetic problem.

Dr. Alexander P. Ataii, M.D., Laser Surgeon and Medical Director of Laser Clinique, is treating spider veins with a non-invasive technique called *Sclerotherapy*. Sclerotherapy is the gold standard for the elimination of reticular and superficial telangiectasia (spider veins). A solution called a sclerosing agent is injected into the veins which causes them to collapse and fade from view. This procedure may also remedy the bothersome symptoms associated with spider veins which include aching, burning, swelling and night cramps. Many people don't know the difference between "Spider Veins" and "Varicose Veins." Spider veins - also known as telangi-

ectasia - are small, thin veins that lie close to the surface of the skin. These super-fine veins are connected with the larger venous system. Spider veins can easily be eliminated by Sclerotherapy. Varicose veins are larger - usually more than a quarter-inch in diameter, darker in color and tend to bulge. Varicose veins are also more likely to cause pain and are related to more serious vein disorders. For some patients, sclerotherapy can be used to treat mild cases of varicose veins.

Sclerotherapy is a relatively simple procedure that can be performed during lunchtime with no downtime. Patients are required to wear tight-fitting prescription support stockings to guard against blood clots and to promote quicker healing for the period of one week.



IN ORDER TO IMPROVE CIRCULATION IN YOUR LEGS, DR. ATAII RECOMMENDS THE FOLLOWING TO HIS CLIENTS:

- 1. REGULAR EXERCISE:** Walking, running, stairmaster, aerobics, swimming, elliptical machine, or biking for 30 minutes, 3-4 days per week will help reduce the pain and fatigue in the legs.
- 2. ELEVATE LEGS:** Elevating the legs above heart level for at least 10 minutes once or twice daily may diminish aching and swelling.
- 3. MOVE LEGS FREQUENTLY:** Flexing at the knees will expedite circulation in the legs. Try to walk for at least 2 minutes every half hour.
- 4. AVOID WEARING HIGH HEELS:** Wearing high heels interferes with the normal blood pumping action that occurs while walking and may lead to aching and cramping of the legs. For some women, this may not be easy. In that case, Dr. Ataii recommends wearing support stockings. Laser Clinique custom orders prescription grade support stockings. It is best to wear a stocking that is labeled 'graduated' as this will help improve your vein function.
- 5. MAINTAIN A PROPER WEIGHT:** Even moderate weight loss may reduce aching in the legs due to varicose veins and diminish the rate at which spider veins develop.

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Call now to schedule a complimentary consultation with Dr. Ataii, to determine whether you are a candidate for Sclerotherapy. Sclerotherapy can enhance your appearance and your self confidence.



Dr. Alexander P. Ataii, M.D.