
COMPREHENSIVE VEIN DISEASE GUIDE

*Your Guide to Enjoying
an Active Life Again!*

*Eliminate Pain &
Embarrassment With
Your Legs*

VISIT WWW.MNVEINCENTER.COM
FOR MORE DETAILS.

WELCOME!

CONGRATULATIONS ON TAKING YOUR FIRST STEPS!

We are honored that you are taking charge of your health to become more educated on a vein disease that **affects millions of Americans every year but is often misdiagnosed.**

This guide is designed to educate you on this disease so you can make the best decision for your health. We are going to cover the following:

- ✓ What are varicose veins & why it's important to treat them.
- ✓ Our process & treatment plans for eliminating venous insufficiency.
- ✓ Insurance and payment options to cover the treatment.

There is a reason that you **requested this guide!**

You either have **discomfort, pain or embarrassment** with your legs. These symptoms effect your daily life, confidence, and mood.

You may have seen your primary care physician only to be misdiagnosed or told there was nothing to worry about or anything they could do.

You may have even tried alternative ways to eliminate these issues such as compression stockings, elevating your legs, or dietary protocols.

Although the following strategies *can* alleviate your symptoms, they are only temporary... **They don't remove the root cause of the problem.**

The good news is these symptoms can be eliminated using a quick non-invasive treatment that are often times covered by your insurance.

Before you know it you'll be wearing shorts again... pain free!

Enjoy an Active Life Again!

Minnesota Vein Center Team

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ABOUT US

OUR MISSION IS TO HELP YOU ENJOY
AN ACTIVE LIFE AGAIN!

Minnesota Vein Center provides an alternative to health clinics with long wait times and cookie-cutter, unpersonalized care.

We specialize in helping you eliminate the pain & embarrassment varicose veins may bring so you can go back to living an active life again!

Our Values

- **Family Feel:** Our doctor, staff, and patients feel part of a family.
- **Elite Quality Work:** We only hire the best & perform well beyond industry standards.
- **Safety:** We don't cut corners and use the latest and safest technology for treatments.
- **Integrity:** We tell it like it is. We don't lie and put our patient's health needs first.
- **Customer Service:** We go above and beyond to serve our patients.



Henna Kalsi
MD, FSVM, RVT
Medical Director

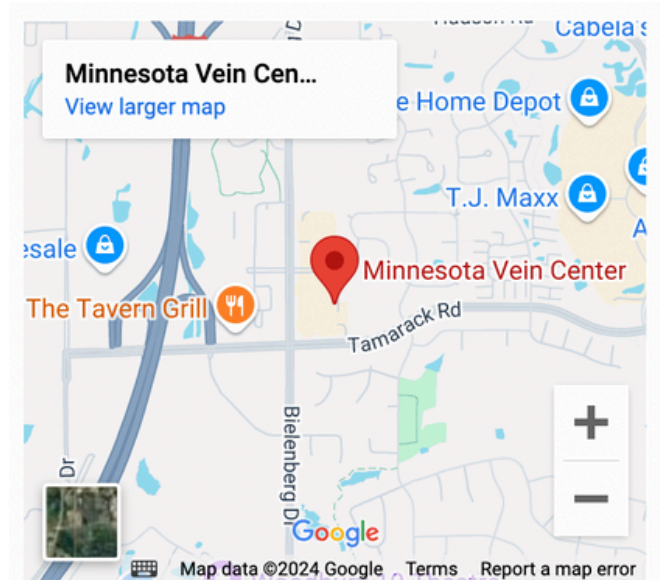
LOCATIONS

VISIT ONE OF OUR CONVENIENT
MINNESOTA LOCATIONS!



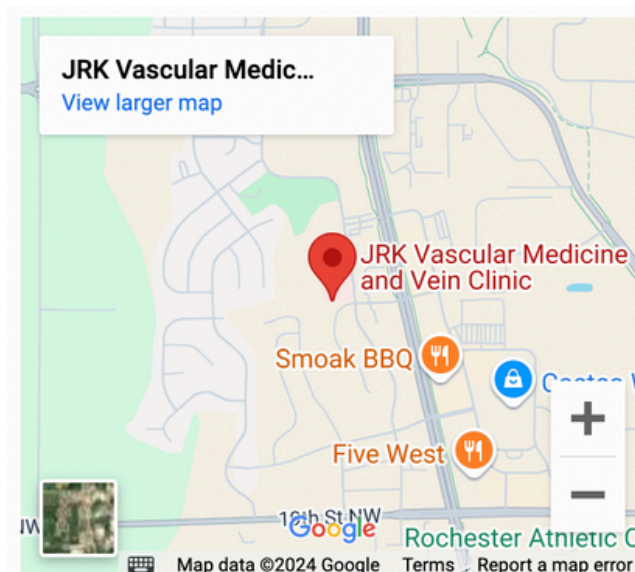
Minnesota Vein Center

Address: 400 Village Center Dr #800,
North Oaks, MN 55127



Minnesota Vein Center

Address: 731 Bielenberg Dr, Suite 208,
Woodbury, MN 55125, United States



JRK Vascular Medicine and Vein Clinic

Address: 2633 Superior Dr NW STE 100,
Rochester, MN 55901, United States

VARICOSE VEINS

WHAT ARE VARICOSE VEINS?

In your leg, you have two sets of veins. You have deep veins that are represented here in the **light blue**, and you have superficial veins that are represented by **dark blue**.

Deep veins are in the deeper part of the leg where the muscles are, and superficial veins are right under the skin.

In a normal person, the blood would circulate from the feet towards the heart in both sets of veins.

When someone has a **venous insufficiency** the blood will actually go up the deep veins and then go backwards into the superficial vein.

The blood will start pooling in the superficial veins.

Since the superficial veins are closest to the skin, they will start to bulge and create varicose veins.

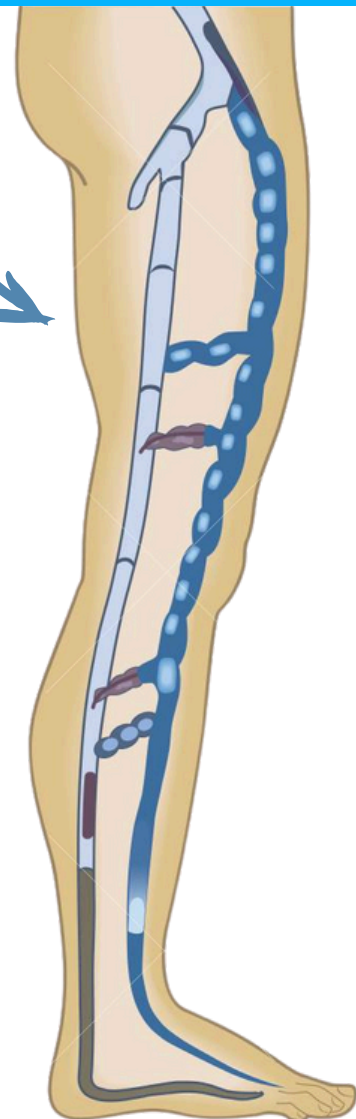
Other symptoms that may become present are:

- ✓ Leg Pain/Aching/Cramping
- ✓ Skin Changes / Discoloration
- ✓ Leg & Ankle Swelling
- ✓ Heavy Feeling in Legs
- ✓ Venous Ulcers
- ✓ Leg Restlessness
- ✓ Leg Itching / Burning / Numbness
- ✓ Aesthetic Appearance of Legs

Recent studies have shown that a significant percentage of people affected by RLS (*restless leg syndrome*) also have a form of venous insufficiency such as varicose veins.

Those same studies showed that treating the vein issues also improves or resolves the symptoms of RLS.

[Learn More](#)



VARICOSE VEINS

WHY IT IS IMPORTANT THEY ARE TREATED

Many patients are understandably concerned by the appearance of varicose veins. If left untreated, varicose veins can lead to more serious complications including:

Infections: Venous diseases can also cause leg ulcers. An ulcer is a break in the skin, which is dangerous due to exposure to bacteria and infection.

Pain: Varicose veins affect the flow of blood through the veins, oxygen that is carried through the blood does not reach the proper areas, leading to muscle cramps & pain near the site of the vein.

Bleeding: Since varicose veins are usually inflamed, they often press up against the skin, leaving them more susceptible to cuts.

Swelling: When blood isn't pumping out of the legs properly, due to damaged valves within the vein walls, blood begins to collect.

Blood Clots: Should a clot detach and enter the bloodstream, it can lead to life-threatening conditions such as thrombophlebitis or deep vein thrombosis.



[Learn More](#)

Although varicose veins can lead to a number of **more serious complications**, the good news is they're easily treatable.

However, it's important to seek treatment immediately in order to minimize the associated risks.

VEIN TREATMENT

OUR PROCESS TO SERVING YOU



Step 1: Consultation

There is nothing worse than seeing a doctor who doesn't listen, is dry, rude, or is in too much of a hurry.

At Minnesota Vein Center, you will be listened to and encounter a friendly staff that will make sure you get the best care.

Here we will examine the symptoms to determine proper diagnosis and needed next steps.

Step 2: Ultra Sound Reflux Study

Based on what the doctor learns from your consultation we will proceed to a **venous reflux assessment** with a leading ultrasound technologist.

The ultrasound will help the physician gain insight on what is going on in your legs, where the vein disease is located and how serious the complication is.



Step 3: Treatment

Based on the results from the ultrasound and your insurance requirements we may **recommend doing the procedure the very same day.**

As explained in more detail below the procedure takes 15-45 minutes, with minimal recovery time. You are free to walk around the very same day.

Eliminate pain & embarrassment!



VEIN TREATMENT

RADIOFREQUENCY ABLATION

Radiofrequency Ablation (RFA) is a Medicare-approved, safe, minimally invasive procedure of removing varicose veins.

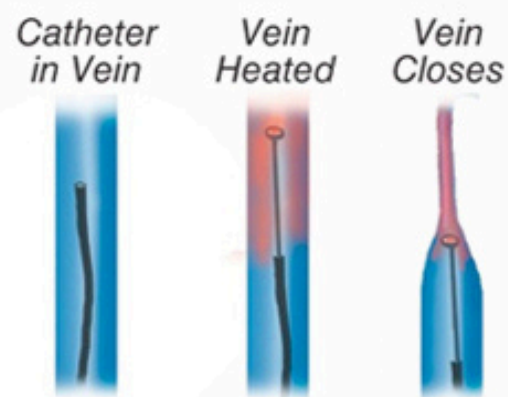
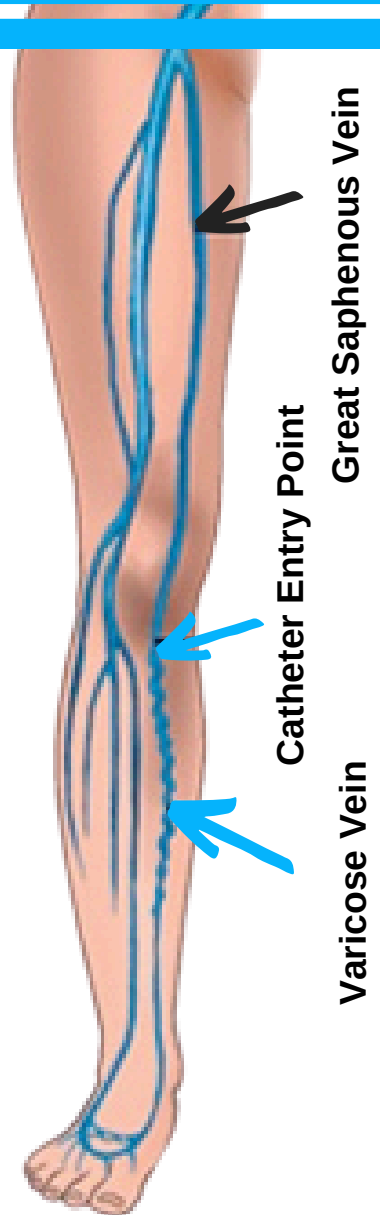
Unlike ligation and stripping where cuts are made over the vein, which is then tied off and stripped, RFA uses clean thermal energy inside the vein to gently close it off, leaving you with little to no marks that heal quickly.

The entire procedure takes **between 15-45 minutes** and can be performed on an outpatient basis.

Many patients return to work the same day.

Treatment Process

- 1** The process begins by injecting the knee with a local anesthetic (numbing medication).
- 2** Our certified physician uses ultrasound to gently place a needle inside the unhealthy vein and inserts a thin device called a catheter.
- 3** A numbing solution is delivered to the walls of the vein.
- 4** The catheter activates thermal energy that flows inside the walls of the vein.
- 5** The heat seals the damaged vein permanently. Blood flow is re-routed to healthy veins while the body reabsorbs the unhealthy ones over time.
- 6** After about 15-45 minutes you're done! No more pain, no more unhealthy veins!



[Learn More](#)



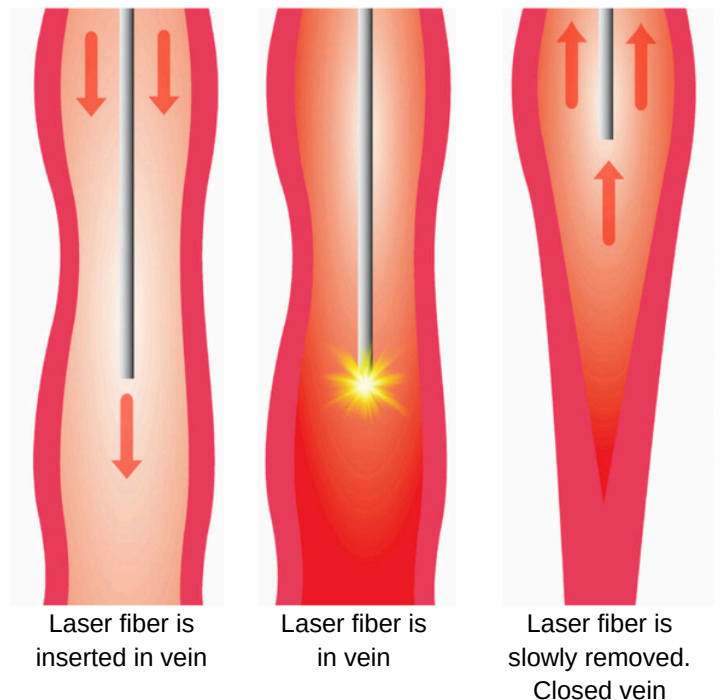
VEIN TREATMENT

ENDOVENOUS LASER THERAPY

Endovenous Laser Therapy (EVLT) is a procedure that uses laser heat to treat varicose veins. A laser light is emitted through a thin fiber inserted into the damaged vein and delivers just a small amount of energy, causing the malfunctioning vein to close and seal shut.

The only discomfort you feel during the procedure is from the very tiny needles used to inject lidocaine, a local anesthetic.

Endovenous laser treatment successfully eliminated up to 98.1% treated veins with a single laser treatment. Additionally, when increased energy levels were utilized, the success rate was 99.7%. There were no significant complications.



Treatment Process

- 1** The physician usually numbs the injection site, but no additional anesthesia is required.
- 2** Your physician will use a Doppler ultrasound device to check the vein before and during the procedure. This process uses sound waves to make an image of the vein on a computer screen.
- 3** Your physician will make a small cut or incision in your skin and insert the catheter. It will be guided into the varicose vein. A laser fiber will be put into the catheter.
- 4** As your healthcare provider slowly pulls out the catheter, the laser will heat up the length of the vein. The vein will close up and should eventually shrink.
- 5** Your physician applies bandages and compression stockings to your leg. You may have to wear the stockings for two weeks.
- 6** Because EVLT is minimally invasive and well-tolerated by most people, you're likely to go back to most normal activities the same day.

[Learn More](#)



CONSULTATION

IT'S TIME FOR YOU TO ENJOY AN ACTIVE LIFE AGAIN.
ELIMINATE PAIN & EMBARRASSMENT IN YOUR LEGS.

Have additional questions? Would you like your health concerns about your legs addressed?

Please book a 15-minute phone consultation with one of our health advisors or give us a call today!

Call Today | 651-765-8346

