



At the Grand Lake Vein Care Center we are committed to the health and well-being of every patient. If you have varicose veins, pain, swollen limbs, leg heaviness and fatigue, skin changes and ulcers in your lower legs, consider a visit to the Grand Lake Vein Care Center. No referral is needed and most insurance companies cover treatment.

**To schedule an appointment please call 419-394-9561**

The Grand Lake Vein Care Center is located on the west side of Joint Township District Memorial Hospital, 200 St. Clair Street, in St. Marys, Ohio.



## OUR MISSION

To optimize the health status of those we serve by providing the highest quality, value and service while remaining financially strong.

For more information contact:



200 St. Clair Street • St. Marys, Ohio 45885  
Phone: 419-394-9561  
[www.grandlakehealth.org](http://www.grandlakehealth.org)

## GRAND LAKE VEIN CARE CENTER



DIAGNOSIS, TREATMENT  
AND MANAGEMENT  
OF VEIN DISEASES





Approximately 25 million Americans have varicose veins. For some, they're simply a cosmetic concern. But for many others varicose veins can cause significant pain and discomfort. At the Grand Lake Vein Care Center we are pleased to

offer comprehensive management of vein diseases specializing in the diagnosis and treatment of venous reflux disease. If you experience discomfort, swelling and varicose veins, you may be suffering from superficial venous reflux disease.

## THE VENOUS SYSTEM ANATOMY

The venous system is made up of a network of veins, which include:

- Superficial veins — veins located close to the surface of the skin.
- Deep veins — larger veins located deep in the leg.
- Perforator veins — veins that connect the superficial veins to the deep veins.



Healthy Vein Valves and Correct Blood Flow



Damaged Vein Valve and Incorrect Blood Flow

## UNDERSTANDING VENOUS REFLUX DISEASE

Healthy leg veins contain valves that open and close to assist the return of blood back to the heart. Venous reflux disease develops when the valves that

keep blood flowing out of the legs and back to the heart become damaged or diseased. As a result, vein valves will not close properly, leading to the symptoms of:

- Varicose Veins
- Pain
- Swollen Limbs
- Leg Heaviness and fatigue
- Skin changes and ulcers

Superficial venous reflux disease is progressive. Symptoms can worsen over time if left untreated.

## WHAT FACTORS CONTRIBUTE TO VENOUS REFLUX DISEASE?

- Age (varicose veins usually appear between ages 30 and 70 and progressively get worse)
- Gender (more common in women)
- Family History
- Multiple Pregnancies
- Obesity
- Standing Profession

## TREATMENT OFFERED AT THE GRAND LAKE VEIN CARE CENTER

At The Grand Lake Vein Care Center, a physician will sit down with you and review your symptoms, take a detailed history and perform a clinical evaluation of your leg(s). To help diagnose superficial venous reflux disease, you may be scheduled for an ultrasound scan of your leg(s). Your physician will then prescribe a course of conservative therapy. After a course of conservative therapy, if symptoms are still present, your physician may recommend the VNUS Closure<sup>®</sup> Procedure.

## WHAT IS THE VNUS CLOSURE<sup>®</sup> PROCEDURE?

The VNUS Closure<sup>®</sup> Procedure is a Minimally Invasive Procedure that closes the diseased vein and allows blood to be re-routed to other healthy veins. The Closure procedure is performed on an



Before

After



outpatient basis in the Vein Care Center. Following the procedure, a simple bandage is placed over the insertion site, and additional compression may be provided to aid healing. Patients who undergo the Closure procedure typically resume normal activities within a day. The Closure procedure results in good cosmetic outcome with minimal to no scarring, bruising or swelling.