



## For Immediate Release

### 4 Reasons to Ask Your Primary Care Physician About Veins

April 6, 2012 (South Portland, ME) – Patients turn to their primary care physicians for help with all kinds of health issues, but what about veins? Is it worth asking about a vein problem, or should people just “learn to live with it”? According to [vein specialist](#) Dr. Cindy Asbjornsen of the Vein Healthcare Center, venous disease is very common and very treatable.

“If patients shamefully hide their legs from the world because of their veins, then their lives are already affected— not to mention the pain and discomfort they may feel,” said Dr. Asbjornsen. “Vein problems are worth mentioning, because there are so many [solutions](#).”

Here are just four reasons to talk to a family doctor about veins:

1. **Legs often feel tired or heavy** – These are two of the most common (and early) symptoms of a vein problem. Intense leg fatigue at the end of the day is a sign. Heaviness is usually a result of mild swelling due to poor venous return (blood flow back up to the heart). These symptoms can be easily treated with compression stockings or other minimally invasive therapies.
2. **Varicose veins** – Many people discount their bulging veins because they’ve been told for years that varicose veins are cosmetic and not covered by insurance. In 1999, the FDA approval of the endovenous approach to vein care changed this dramatically. Today, there are many modern procedures available and, when performed by a skilled phlebologist, there is minimal discomfort and great long-term success.
3. **“Bad veins” run in the family** – Approximately 60% of people who have one first-degree relative with venous issues will also have issues. That statistic shoots to almost 90% if someone has two first-degree relatives with vein problems. Many bleeding and blood clotting disorders are also hereditary. If someone has a family history, s/he should be proactive about vein disease prevention and consider going to a vein specialist for a baseline evaluation.
4. **Open sores on one or both legs** – Though some people suffer from arterial ulcers or diabetic ulcers, the vast majority of [leg ulcers](#) have a venous component. Today, more leg ulcers are closed and *stay* closed because of more effective and focused venous procedures.

Dr. Cindy Asbjornsen is the founder of the [Maine Phlebology Association](#) and the Vein Healthcare Center in Maine. Dr. Asbjornsen is certified by the American Board of Phlebology and cares for all levels of venous disease, including spider veins, varicose veins and venous stasis ulcers.