



Vein Healthcare Center

For Immediate Release

Vein Healthcare Center offers summer tips for healthy veins

May 29, 2012 (South Portland, ME) – Every summer, most people can't wait to put on their shorts, skirts or swimsuits for fun in the sun. But according to vein specialist Dr. Cindy Asbjornsen of the [Vein Healthcare Center in Maine](#), those with vein issues suffer the most in the summer, both physically and emotionally.

Here are some timely tips for relieving symptoms from [varicose veins](#) and other vein problems:

- Stay as cool as possible. Heat dilates veins and causes pain and other symptoms to worsen.
- Swim and walk. Both exercises pump the calf muscles and improve circulation.
- Wear graduated [compression stockings](#). Wearing compression stockings all day will keep the legs feeling as good at the end of the day as in the morning.
- Stay hydrated. Drink plenty of water and other fluids.
- Elevate the legs whenever possible.
- Schedule an evaluation with a qualified phlebologist.

To better understand how varicose veins happen, here's a quick review of [how veins work](#). Veins carry blood from the legs and arms back to the heart. The blood in the legs travels up against gravity, so when the valves in the veins become damaged, blood "leaks" back into the legs and creates a "pooling" effect.

Most varicose veins worsen during the summer months because the heat dilates veins. In other words, warmer temperatures can expand the veins, make a "leaky vein" leak even more, and cause increased achiness or tenderness.

In addition to physical pain or discomfort, people with vein problems go to great lengths to keep their legs covered, making it difficult to enjoy the summer months. Self-consciousness about veins can lead to unease in social situations and, ultimately, a diminished quality of life.

"For many of my patients with venous disease, showing their legs in public is an end goal," Dr. Asbjornsen. "It is heartbreaking to hear how their efforts to conceal their legs have affected their lives."

Treatments for venous insufficiency are the same in summer as the rest of the year. Minimally-invasive treatments include: light-assisted sclerotherapy for small veins; ultrasound-guided therapy for larger veins; [endovenous laser ablations](#) (EVLA) for the largest veins.

After treatment, most patients who have undergone any type of sclerotherapy can go out in the sun almost immediately, although wearing sunblock for six months after any vein

procedure is recommended, to decrease the possibility of hyperpigmentation. It's usually fine to swim twenty-four hours after any vein treatment. Generally, there will be some minimal bruising, but there are many self-tanners and cosmetics that can cover them up— short-term options that are generally preferred over a bulging varicose vein.

It's important to remember that compression stockings are prescribed after any vein procedure. The length of time one must wear the stockings varies quite a bit, depending upon the patient and the procedure. It could be as short as three days for light-assisted sclerotherapy, or as long as two weeks for endovenous laser ablations or ambulatory phlebectomies.

If someone with varicose veins, spider veins or ulcers is not ready to undergo a vein procedure immediately, summer is still a good time to think about vein health. Scheduling an evaluation with a certified phlebologist allows people to learn about their venous issues and review their options for treatment. It can take several months or more for the complete resolution of veins after treatment, so people can plan to show off their legs next summer by getting an evaluation now.

To learn more about how to identify, prevent and treat varicose veins and other venous disease, visit www.veinhealthcarecenter.com.

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.

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