

# Healthy Attitude

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## Say Goodbye to Varicose Veins

*Boulder Community is the only facility in the county to offer a new non-surgical treatment.*

Alice Hose, a 44-year-old Boulder home-maker, avoided wearing shorts even on the hottest days of summer. She, like 15 to 25 percent of adults, had varicose veins, and she was just too embarrassed to reveal them.

"They looked terrible," says Hose. "They ran way up my right leg, from high in the thigh all the way down to my ankle."

She consulted her physician after her varicose veins started to make her leg feel achy and tired. But the treatment option he offered was to have them "stripped out" by a surgeon.

"I didn't want to do that," says Hose. "Stripping requires general anesthesia, and I'd have to be off my feet for some time. So, I just decided to live with the embarrassment and discomfort."

Then she heard about a new treatment called Closure<sup>®</sup>, which removes varicose veins without surgery, general anesthesia,

stitches or scarring. It's an outpatient procedure that only takes about an hour. Even recovery time is quick.

Hose discovered that Boulder Community Hospital started offering Closure treatments last year. BCH radiologist Charles Bowles, MD, performed her procedure, which was easier than she thought it would be.

"There was no general anesthesia, just a little muscle relaxant, so I was awake during the entire procedure," Hose says. She had virtually no pain during the procedure.

"The only discomfort was getting the local anesthesia. Dr. Bowles gave me injections all along the vein. I could feel that a little bit, but it wasn't bad at all."

Hose's recovery was very easy. "I rested that afternoon and took two ibuprofen tablets for a little bit of achiness. But that's all. I've been doing everything that I usually do."

When asked about wearing shorts this summer, Hose smiles and says, "I have only one tiny incision way down on my ankle. You can barely see it. So, yes, I'm wearing shorts." ▲



*Alice Hose after her Closure procedure.*

### HOW TO GET TREATMENT

Anyone considering the Closure procedure should first consult with his or her physician and discuss ordering a Doppler ultrasound to assess the varicose vein. Medical need must be documented to obtain insurance coverage. Patients wishing the procedure for cosmetic reasons pay for it directly. For more information, call 303-938-3434. Interested patients can schedule a procedure by calling 303-440-2376.

### How Closure Works

The physician first uses ultrasound to confirm the cause of the varicose vein. After numbing the area with local anesthesia, he inserts a slender catheter into the vein through a small incision near the knee or ankle. The catheter is energized with radiofrequency heat, causing the vein to collapse and seal shut. He then slowly withdraws the catheter from the vein.

### Compared with vein stripping, Closure has several major advantages:

- **Virtually pain-free** – There is little if any pain during the procedure. Afterwards, any mild discomfort can usually be relieved with ibuprofen.
- **Quick** – It's normally a one-hour outpatient procedure.
- **No bed rest** – You can walk right after the procedure and resume normal activities the following day.
- **Little-to-no scarring** – There's only a small mark where the catheter was inserted. No stitches are required.
- **Successful** – Research indicates that 90 percent of veins still remain sealed two years after the procedure.