



LOVE YOUR LEGS

Ashamed of varicose veins or thread veins?

Leading consultant vascular surgeon **Michael Gaunt** discusses how varicose veins can affect your long-term health and wellbeing.

We all want to look good and how we care for our vascular health can play a major role in helping us achieve this. You may not initially associate varicose veins with your general health and wellbeing but when you consider that one person in four is affected in some way by varicose veins, it's clear that simple procedures can make a big difference to a patient's lifestyle.



Don't ignore symptoms

Many of us choose to ignore the onset of symptoms, preferring to 'cover-up and forget' during the winter months. Sometimes the symptoms develop very slowly over years and you may be unaware that the changes in your legs are due to varicose veins, especially as they may not be particularly prominent or visible in some people.

Symptoms of varicose veins can include:

- Aching, tired or heavy feeling in your legs
- Painful throbbing, muscle cramping and swelling in your lower legs
- Worsened pain after sitting or standing for a long time
- Restless legs, especially at night
- Persistent leg itching
- Bleeding from varicose veins
- Ulceration
- Skin discolouration around the ankles

Self Help

You may find mild symptoms are helped by raising your legs, by wearing support stockings or regular movement.

What are the benefits of varicose vein treatment?

You'll feel more positive about your legs and the unsightly, raised, bobbly varicose veins will be removed, alleviating your symptoms. Your circulation will improve and it should also help prevent further complications that varicose veins may cause.

You'll be glad to hear that modern treatments are minimally invasive and may be performed under local anaesthetic as a walk-in, walk-out procedure. Having treated over 5,000 patients using the minimally invasive Endovenous Laser and ClariVein techniques, I am one of the most experienced surgeons in the UK. Also available is VeinWave treatment for unsightly facial thread veins and spider veins.

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Looking Great

Mini consultations start at £95 to include an initial assessment and potential bespoke treatment options.

