

# Bellamah Vein INSIDER

WINTER 2016, ISSUE 1



2975 Stockyard Road, Suite 200  
Missoula, Montana 59808  
(406) 203-1866

Find us on   
VeinMontana.com



## Compression therapy: Is it for you?

- **Do your legs feel tired, achy or heavy?**
- **Do you have swelling in your lower legs or ankles?**
- **Are you on your feet a lot?**
- **Do you have varicose veins or chronic venous disease?**
- **Do you sit most of the day?**
- **Are you a runner?**

If you answered **yes** to any of these questions, compression therapy could be for you.

### WHAT IS IT?

Compression therapy is more than just wearing tight stockings! It's a safe, non-invasive way to help prevent and treat painful leg vein problems. Specially designed stockings and socks use compression to support your legs and keep blood flowing properly through your veins. The compression is strongest at the ankle and lessens as it goes up your leg. You wear the socks or stockings all day.

### BENEFITS

Compression therapy gives new life to your legs. Some benefits include:

- ❖ Legs feel lighter and cooler
- ❖ Less swelling, itching, burning, and restlessness
- ❖ You can stay on your feet longer without pain
- ❖ Legs feel more comfortable during activity

### FASHIONABLE

Just like regular hosiery, compression stockings and socks come in a variety of styles, colors, fabrics, and lengths. Bellamah Vein Center carries a wide variety of brands and styles, including athletic and maternity wear. Men and women can find something that meets their needs for health and fashion.

### PUTTING THEM ON

Some people worry that they won't be able to get the tighter hosiery on their legs. It's not as hard as you think! If you

do have trouble, we can give you tips for putting compression stockings on more easily.

### SIZE AND STRENGTH

With compression therapy, one size does not fit all! Professional-grade compression stockings only work when you wear the right size and strength. Your healthcare provider can determine how much compression you need (it's measured in mmHg or millimeters of mercury). Our trained staff measures and fits all patients, so you can buy and wear with confidence.

### SAFETY

People with certain medical conditions should not wear compression stockings or socks. It's important to contact your healthcare provider before purchasing or wearing these products. ♦

***Renew your legs and renew your life with compression therapy! Contact Bellamah Vein Center at (406) 203-1866 or online at VeinMontana.com.***

## Inside this issue

2 **Q&A with Dr. Bellamah:** Varicose veins

3 **Meet our team:** Our newest member is Jenn K. Worrell, PA-C

4 **Happy patients, healthy veins:** What our patients are saying



## Before & after

See for yourself what healthy veins and healthy legs look like!

For “before and after” photos, visit our website: [VeinMontana.com](http://VeinMontana.com). ♦

## Quick tip

Spider veins and varicose veins are more than just cosmetic issues. A comprehensive exam, including ultrasound, will show how your leg veins are functioning and indicate if the problem is also affecting deeper veins. ♦

## Did you know?

Bellamah Vein Center treats all forms of chronic venous disease:

- ❖ Spider veins
- ❖ Varicose veins
- ❖ Stasis dermatitis
- ❖ Leg ulcers
- ❖ Phlebitis ♦



*At Bellamah Vein Center, each patient receives a customized treatment plan. All procedures are conducted in our comfortable office setting. Find out more at (406) 203-1866 or [VeinMontana.com](http://VeinMontana.com).*

## Q&A with

## Dr. Bellamah:

## Varicose veins



### Q: WHAT ARE VARICOSE VEINS?

**A:** Varicose veins are one form of venous disease. The veins in your legs work hard to pump blood back up to your heart and lungs. Sometimes the veins don't function properly and normal blood flow is disrupted. The valves that keep blood flowing upward do not work. With nowhere for the blood to go, pressure inside the veins increases. The veins become large and swollen. You'll see blue or green bulges under the surface of your skin. Those are varicose veins.

### Q: WHAT CAUSES VARICOSE VEINS?

**A:** Many factors put you at risk for varicose veins. These include:

- ❖ Heredity
- ❖ Age (over 50)
- ❖ Gender (female)
- ❖ Pregnancy
- ❖ Obesity
- ❖ Leg injuries
- ❖ Being on your feet for long periods of time

### Q: WHAT ARE THE SYMPTOMS OF VARICOSE VEINS?

**A:** Some people don't feel any symptoms. Others experience varying degrees of:

- ❖ Pain and cramping
- ❖ Itching around veins

- ❖ Swelling
- ❖ Heaviness
- ❖ Fatigue
- ❖ Restless leg
- ❖ Changes in skin color
- ❖ Bleeding
- ❖ Skin ulcers

### Q: HOW DO YOU TREAT VARICOSE VEINS?

**A:** If you're not having a lot of problems, conservative treatment can relieve symptoms and keep them from getting worse. This self-care includes:

- ❖ Compression therapy (see *article on Page 1*)
- ❖ Elevating your legs several times a day
- ❖ Exercising your feet, ankles, and calves (walking is good!)

If symptoms worsen, treatment could include one or more of the following procedures:

- ❖ Endovenous laser therapy
- ❖ Phlebectomy
- ❖ Sclerotherapy
- ❖ Radio frequency ablation

*Dr. David H. Bellamah is a board certified physician with 15 years of experience in vascular surgery and venous disease. His passion for treating venous disorders led him to open Bellamah Vein Center.*

## Varicose veins

**Risk**

- Genetic susceptibility
- Long periods of standing
- Long periods of sitting
- Pregnancy
- Age
- Obesity

**Signs and symptoms**

- Bulging veins
- Aching throbbing
- Sores
- Itchiness
- Swelling

**Normal vein** vs **Varicose vein**

**Prevention**

- Diet
- Regular exercise
- Compression stockings
- Endovenous foam treatment
- Endovenous laser treatment
- Phlebectomy

1 out of 2 women and 1 out of 3 men have vein problems

**BELLAMAH VEIN CENTER  
CARRIES MANY BRANDS OF  
COMPRESSION WEAR:**

- Mediven
- Surgeon's Choice
- Vim & Vigr
- CEP (sports line)
- Rejuva health
- Juzo



**ASK US ABOUT COUPONS!**

## Meet our team



**JENN K. WORRELL, PA-C  
PHYSICIAN ASSISTANT**

Jenn K. Worrell, PA-C is the newest member of Bellamah Vein Center's team. Jenn is a graduate of the University of Washington's MEDEX Northwest physician assistant program. She is also a Certified Surgical Technologist with four years of surgical experience in Missoula. Jenn is skilled, friendly and attentive to patient needs, making her a great addition to our team. Her expertise also increases our ability to meet the continued, growing demand for our services in Western Montana. ♦

## Get your legs back at Bellamah Vein Center!

Bellamah Vein Center is exclusively dedicated to treating leg veins. We're leg health experts! Each patient receives a customized treatment plan. All our non-invasive, state-of-the-art procedures are conducted in our comfortable office setting at 2975 Stockyard Road in Missoula, Montana. ♦

## Bellamah Vein Center's core values

- Honesty** – Be open, honest and direct.
- Kindness** – All patients shall be treated with kindness. The spirit of service will be fostered within the practice.
- Compassion** – Honor each individual's unique and diverse qualities. Listen to and sincerely empathize with each patient.
- Respect** – Always treat others with respect and dignity. ♦



## Happy patients, healthy veins

Dr. Bellamah and his team are dedicated to offering you the highest quality of care along with the most innovative treatments in vascular surgery. We're proud that 99% of our patients say they'd recommend Bellamah Vein Center to friends and family. Here are a few comments from our recent patient surveys:

"...I have nothing but praise for this office from my very first visit. I've recommended friends to you and they couldn't be happier. My legs feel so much better."

"I have never been in another doctor's office with such caring, friendly and courteous staff!"

"You provide a great experience from beginning to end. Of course, I have to comment on your fantastic assortment of snacks & beverages—who else does that? Most of all, thank you for making my legs look and feel better."

"If you have leg and vein problems and want professional care, Dr. Bellamah is where to go." ♦



 **BELLAMAH**  
VEIN CENTER

**Welcome to the first issue of the *Bellamah Vein INSIDER!*  
We hope you find it valuable. Visit us at [VeinMontana.com](http://VeinMontana.com).**

 **BELLAMAH**  
VEIN CENTER

2975 Stockyard Road, Suite 200  
Missoula, Montana 59808