

Bellamah Vein INSIDER

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Eat right for healthy veins

What you eat and drink affects the health of your veins. Here are some nutrition tips for healthy veins, healthy legs, and a healthy life:

THINK ANTIOXIDANTS

Load up on antioxidant-rich foods to improve the function of your vascular system. Eating a variety of green, red, orange, and yellow fruits and vegetables gives your body nourishment for healthy veins. Vitamin C helps to build and protect strong blood vessels, which can help some of the problems associated with varicose veins.

CHOOSE FIBER-RICH FOODS

Dietary fiber helps prevent constipation. Constipation increases pressure on the veins, which over time can contribute to

the development of varicose veins. Experts recommend about 25 grams of fiber per day for women and 38 grams per day for men. The best sources of fiber are plant foods: whole grains, fruits, vegetables, beans, nuts, and seeds.

DRINK ENOUGH WATER

We all know that drinking water is important for our health, but did you know that staying hydrated can also help with symptoms of varicose veins? Water is an important part of your diet, especially if you're eating enough fiber. Water helps fiber do its job by flushing out the system and reducing cramping or bloating. Ask your health care provider if increasing your water intake is right for you based on your medical history.

WATCH SODIUM

A high sodium diet can cause fluid retention, which could increase damage to veins. By reducing sodium intake and upping water consumption, the fluids in your tissues begin to balance out. The saltshaker is not the only problem. Sodium is hidden in canned soups, deli meats, salad dressings, sauces, frozen entrees, and fast food.

Changing your nutrition can help slow the development of varicose veins, increase the effectiveness of vein procedures, and make you healthier. ♦

Be sure to try our antioxidant-rich, high fiber recipe on the back page of this newsletter!

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Vein terms to know

Competent Vein: blood flows in the correct direction up to heart.

Incompetent Vein: blood is unable to flow in the correct direction. This is referred to as reflux.

Superficial veins: located just under surface of skin.

Deep veins: larger veins located in the leg muscles. They pump blood back to heart.

Perforating veins: connect superficial veins to deep veins. ♦

Are you at risk?

Risk factors for varicose veins:

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

Surgical procedure facts

- ❖ Patients are awake for all procedures. You'll receive local anesthesia for RFA, phlebectomy, and EVLT. Sometimes you may be given a mild sedative to help you relax.
- ❖ After most treatments, a compression bandage is applied and worn for 24 hours. You'll be able to walk and go home soon after all procedures. Walking helps to redirect the blood to healthier veins that are deeper in the leg. To speed healing and improve circulation, compression stockings are worn for two weeks following most procedures. ♦

Q&A with Dr. Bellamah:

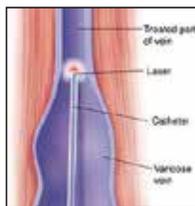
What surgical procedures are used to treat varicose veins?



Surgical treatment for varicose veins may include one or more of these procedures. All can be performed in our office setting.

RADIOFREQUENCY ABLATION (RFA)

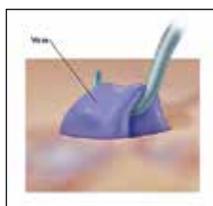
RFA is used to treat incompetent superficial veins (the veins just under the skin). The procedure takes about 45-60 minutes.



In RFA, a tiny radiofrequency catheter is inserted into the vein. The catheter delivers

heat, which causes the vein to collapse and seal shut. The catheter is drawn backward and heats 7cm of vein at a time. Blood flow is naturally redirected to healthy veins. Over time, the body absorbs the treated vein.

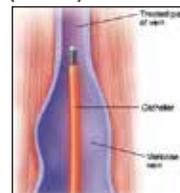
PHLEBECTOMY



Phlebectomy is a procedure to remove varicose veins that are close to the surface of the skin. In some cases it is performed in conjunction with RFA. It takes about 30-60 minutes.

In phlebectomy, pinhole incisions are made next to the vein(s) to be removed. A special hook is then used to gently remove the vein in sections through these incisions. More than one vein may be removed in a single session.

ENDOVENOUS LASER TREATMENT (EVLT)



EVLT is used to treat perforating veins. The procedure takes about 30 minutes.

In EVLT, a tiny catheter containing a laser heat source is inserted into the vein. When the laser is activated, heat causes the vein to collapse and seal shut as the catheter is gradually pulled back along the course of the vein. Blood flow is naturally redirected to healthy veins. Over time, the body absorbs the treated vein.

SCLEROTHERAPY



Sclerotherapy is the main treatment option to correct spider veins. It is also used to treat some varicose veins. Most cases require a series of treatments scheduled a few weeks apart. This procedure is often done in conjunction with RFA or EVLT.

In sclerotherapy, a tiny needle is used to make multiple injections of a solution (called a sclerosant) into the vein. This solution causes the vein walls to stick together and then seal shut. The vein can no longer hold blood and is eventually absorbed by the body. It will take several weeks for the treated veins to fade and disappear. ♦

Pregnancy and varicose veins

Many women develop varicose veins during pregnancy. That's because the growing fetus puts pressure on the large vein (inferior vena cava) that carries blood from your feet and legs back up to your heart. If your mother or grandmother had them when they were pregnant, you're more likely to develop varicose veins when you are pregnant.

While you can't prevent the varicose veins, you can take steps to alleviate symptoms and avoid making them worse:

- ❖ Keep moving. Try not to sit or stand for long periods of time. If it's ok with your doctor, do some low impact exercise (like walking) daily.
- ❖ Put your feet up. Elevate them above your heart as often as possible. A warm heating pad may also provide some relief.
- ❖ Wear the right hose! Professionally fitted maternity support stockings gently compress the leg muscles, which helps pump blood up toward your heart. At BVC, we'll make sure you are properly measured (we also carry a variety of maternity hose to choose from).
- ❖ Sleep on your left side. This keeps the pressure off the inferior vena cava, which is on the right side of your body.
- ❖ Watch for changes. Call your doctor if the veins begin to feel hard, warm, or painful, or if your skin becomes red.
- ❖ Be patient! Varicose veins usually improve 3-12 months after delivery. ♦

We can help make your pregnancy more comfortable. Call 406-541-3200 or visit us online at VeinMontana.com.

Meet our team



KATE MESSER, CMA MEDICAL ASSISTANT

Kate is a Certified Medical Assistant who's been with Bellamah Vein Center (BVC) since the beginning. She assists Dr. Bellamah, physician assistant Jenn Worrell, and other members of the clinical team in all aspects of patient care, including consultations, wound care, and surgical procedures. Kate also coordinates nursing calls and works closely with patients to ensure they are comfortable and thriving under our care.

When asked what she likes most about working at BVC, Kate says: "I love our diverse patient population and the family feeling of our office."

Kate is married to Dr. Mark Messer. They have two daughters, Remy Lynne (3 yrs.) and Tyler Ann (8 months), as well as Mesa Sky (their "fur baby"). She enjoys dirt biking, fishing, time at the cabin, cooking, photography, and family time. ♦

Our patients say it best

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:

"(You) made me feel like everyone cared and wanted to help me, and they did! I don't have the terrible legs cramps like I had before. My legs also got a bonus - they look better! I will say it was a successful procedure. Thanks to everyone!"

"Love the staff - great vibe to the office and everyone is so friendly."

"The environment is warm and welcoming like a "home" setting. I never hesitate to ask questions and everyone is cordial and knowledgeable in answering them. Dr. Bellamah is sincerely concerned about the comfort of his patients, as is his staff."

"You all provide such a comforting, welcoming environment. Also, everyone seems to be great at their jobs. Keep up the good work. Wonderful job!" ♦

White Bean & Kale Soup

This simple, healthy dish will surprise you with its full body and flavor. Kale is loaded with fiber, potassium and disease-fighting antioxidants. Carrots boost this content and beans are full of fiber. Feel free to add other veggies (like zucchini or celery) as desired. Serve with grated Parmesan cheese and crusty bread. Enjoy!

INGREDIENTS:

- 1 Tbsp. canola oil
- 2 cans cannellini or other white beans (drained/rinsed)
- 4 cups low sodium vegetable or chicken broth
- 4 cups fresh kale, cleaned and chopped (1 bunch)
- 1 cup diced carrots
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1 1/2 tsp. Italian seasoning

DIRECTIONS:

1. Sauté the onions and garlic in canola oil.
2. Add broth, kale, carrots and beans. Simmer for 15-20 minutes until vegetables and beans are soft.
3. Add Italian seasoning and simmer another 5 minutes.

Makes 8 servings. Nutrition facts per serving: 337 calories, 0.8g fat, 62g carbohydrate, 23g protein, 24g fiber, 0mg cholesterol, 144mg sodium.

Recipe courtesy of www.SoundBitesNutrition.com

