

Bellamah Vein INSIDER

SPRING 2017, ISSUE 5



2975 Stockyard Road
Suite 200
Missoula, Montana 59808
(406) 541-3200



SPONSOR OF THE *Grizz*

Renew your legs with cosmetic vein treatment

While warm weather means shorts and bathing suits, people with unsightly varicose or spider veins often prefer to keep their legs covered up. It doesn't have to be this way!

If you have varicose or spider veins, but no underlying venous disease, there are several options for improving the appearance of your legs.

VEINGOGH

VeinGogh is a revolutionary procedure to get rid of spider veins, usually after just one treatment session and with no anesthesia. It uses a hair-thin probe to deliver a "microburst" of energy to the vein.

The resulting heat causes the vein to collapse and disappear. The surrounding skin is not damaged, so there is usually only a minimal amount of redness after the procedure.

SCLEROTHERAPY

Sclerotherapy is another option to treat spider veins and some varicose veins. 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. Most cases

require a series of treatments scheduled a few weeks apart.

All procedures can be done in our comfortable office setting. You'll be able to walk and return to your normal activities right away.

You don't have to hide unsightly veins! ♦

Renew your legs and renew your life this summer! Contact Bellamah Vein Center at 406-541-3200 or online at VeinMontana.com.

Inside this issue

2 Q&A with Dr. Bellamah: Prevent leg pain while traveling

2 Add some CEP to your wardrobe!

3 We're excited about Dermaka cream!

3 Meet our team: Jenn Maricelli & Taylor Stevenson

4 Healthy food for healthy veins: Spring Salad with Carrots & Beets



Follow us on Facebook!

Have you seen our Facebook page? Search for @BellamahVeinCenter on Facebook to easily find and like our page. Follow us to see what we're up to! ♦

Before & after

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

For "before and after" photos, visit our website: VeinMontana.com. ♦

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. ♦

Q&A with Dr. Bellamah: What can I do about leg pain when traveling?



When you have varicose veins, a long flight or car trip can lead to leg pain and swelling. Here are some tips to make traveling more comfortable.

WEAR COMFY CLOTHES

You don't want to wear any tight or binding clothing, but professional-grade compression stockings are a great idea. They will support circulation by gently squeezing your legs to move blood up toward your heart. Remember, professional-grade compression stockings only work when you wear the right size and strength. Our trained staff can measure and fit you with the right compression-wear.

MOVE AROUND

Whether you're on a plane or in a car, it's important to keep your feet and legs moving as much as

possible. Even moving just a little bit will help keep the blood flowing better. Do heel and toe lifts (when sitting or standing), and rotate your ankles. Walk when you can, keep your legs uncrossed, and massage your legs, moving from ankle to thigh.

STAY HYDRATED

It's especially important to stay hydrated when flying. The cabin air is dry, which makes it easier to become dehydrated. Try to drink about eight ounces of water every hour. Limit caffeine and alcohol. Staying hydrated will also help prevent constipation, which adds stress to veins. ♦

Dr. David H. Bellamah is a board certified physician with 17 years of experience in vascular surgery and venous disease. His passion for treating venous disorders led him to open Bellamah Vein Center.

Add some CEP to your wardrobe!

Bellamah Vein Center carries a variety of CEP compression items. CEP Sports Line offers premium quality products that combine function and maximum comfort with the highest degree of health- and performance-enhancing effects.

With warmer weather, you may want to try out CEP Calf Sleeves. These compression sleeves don't cover your foot, keeping you cool and making them a great choice for cycling, swimming, and yoga. The compression in the calf sleeve reduces muscle fatigue, increases oxygen and nutrient exchange, and boosts circulation, allowing you to run and train for a longer duration without the feeling of heavy legs.

CEP compression sleeves and socks are resistant to salt water and chlorine, and they're breathable and moisture wicking. Stop in to be measured and fit by our trained staff! ♦



We're excited about Dermaka cream!

Bellamah Vein Center is excited to now offer Dermaka, an all-natural plant based cream that helps skin heal better after leg vein procedures.

Developed by a renowned surgeon, Dermaka cream is made of natural plant extracts with added vitamins essential for skin health. It is very effective at decreasing bruising, redness, and irritation after procedures that disrupt the skin's natural barrier.

Ingredients include:

- ❖ Arnica montana flower extract and pineapple extract: decrease redness and bruising.
- ❖ Licorice extract: reduces discoloration (red & brown) after treatment.
- ❖ Green tea extract: a powerful antioxidant.
- ❖ Chamomile extract: anti-inflammatory and antiseptic

properties, also helps calm the skin.

- ❖ Olive oil: softens and moisturizes the skin.
- ❖ Vitamin E: a natural skin conditioner and antioxidant.
- ❖ Vitamin A: helps to regenerate damaged cells.

Dermaka is odorless, colorless, and leaves no residue. You can see photos of how great Dermaka works at:

<http://dermaka.com/before-and-after-photos/>. ♦

Source: *Dermaka.com*



Meet our team



TAYLOR STEVENSON & JENN MARICELLI

Meet Bellamah Vein Center's (BVC) mother-daughter duo, Jenn Maricelli and Taylor Stevenson!

Jenn is a certified medical assistant who's been with us for two years. She assists Dr. Bellamah with procedures and provides general patient care. She enjoys "being able to make a difference in patients lives!"

Taylor has been BVC's receptionist for 2.5 years. She has an undergraduate degree in Health Care Administration and is currently working on a master's degree. Taylor loves interacting with patients on a daily basis. "When you see people multiple times per week you begin to find common interests; I love hearing about their lives!" she says.

Taylor is engaged to Grant, and they have a fur baby named Lucille Abernathy. Taylor enjoys spending time with family and friends, the Montana sunshine, and hitting the local farmer's market.

Jenn and her husband, Rich, have six children, chickens, and a Boston Terrier named Murphy James. In her spare time, she works as a Holistic Health Practitioner and enjoys gardening and hiking.

Jenn and Taylor agree that the best thing about working together is being able to have lunch together. "Even though I usually have to buy," adds mom Jenn! ♦

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:

"I have been '100% plus' happy with your team and services. I had a very, very tight timeframe to accommodate the work before year end and everyone in your office went 'way above' to see that I was able to receive the necessary work on time."

"Thank you for making my life better--you fixed my legs and I enjoy life more...and you helped me by fixing the shakiness and trembling in my husband's legs (I can sleep again!)."

"...I did not feel like an ordinary patient. The whole team took care of me as if I was the most important person on earth. The rest was easy. Thank you, doctor!"

"Thank you all so very much for making an uncomfortable situation as pleasant as possible. Also, for accommodating me in scheduling when coming from Helena. You are the BEST! Thank you! Thank you!" ♦

Spring Salad with Shaved Carrots & Beets

This simple salad will bring bright colors and lots of flavor to your spring table. Enjoy!

INGREDIENTS:

4 cups mixed spring greens, rinsed and dried (spin dry)
2 baby carrots, rinsed
2 baby beets, rinsed
2 tsp avocado oil or extra virgin olive oil
flavored vinegar to taste
1/2 avocado, sliced

DIRECTIONS:

Toss the greens with the avocado oil. Pile high on a plate. Shave the carrots and beets on a mandolin or with a sharp knife. You can leave the skin on, just make sure you rinse them very well.

Garnish with the flavored vinegar and avocado slices. Serve immediately.

Makes 2 servings. Serving size: 2.25 cups.

Nutrition facts per serving: 123 calories, 8g fat, 12g carbohydrate, 2g protein, 5g fiber, 0mg cholesterol, 72mg sodium.

Recipe and photo courtesy of www.FoodandHealth.com

