

Bellamah Vein INSIDER

HOLIDAY 2017, ISSUE 6



B BELLAMAH
VEIN CENTER
RENEW YOUR LEGS ... RENEW YOUR LIFE!

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Healthy veins, healthy legs for a happy holiday

The busy holiday season can take a toll on your body, including your leg veins. Follow our tips for healthy veins and healthy legs all year long.

Put your feet up. If holiday shopping and baking keeps you on your feet for long periods of time, take frequent breaks and put your feet up. Be sure to wear comfortable shoes.

Dress right. Dressing up for holiday parties may mean wearing high heels. High heels don't cause varicose veins, but they can make the problem worse. Choose a lower heel and wear professional-grade compression stockings.

Eat right. We know that tempting foods are everywhere! Try to stick to a lower salt, high-fiber diet. Less salt helps reduce swelling from water retention. More fiber prevents constipation, which can contribute to varicose veins.

Drink right. Stay hydrated for healthy circulation. So drink more water and go easy on alcoholic beverages.

Keep moving. Traveling to visit loved ones over the holidays? Try not to sit for extended periods of time. If you're stuck on an airplane or in the car, move your feet and legs frequently to keep blood flowing.

Stay active. The holidays are a busy time and it's easy to get out of your regular exercise habit. If you can't make it to the gym or your favorite aerobics class, try to take three 10-minute walks during the day. Walking works your calf muscle, which pumps blood from your legs up to your heart.

Ask for the gift of healthy legs. If you're tired of hiding your legs because of unsightly varicose veins, ask for (or give yourself) the gift of a consultation at Bellamah Vein Center! ♦

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

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Have you visited our website lately?

We recently updated our website: VeinMontana.com. You'll find information about leg veins and the treatments we offer, as well as pictures and bios of our team members. Check us out the next time you're online! ♦

Insurance coverage

In most cases, our procedures will be covered by your health insurance. Our Insurance Specialist, Lily Spiker (pictured below), can help you find out if your care will be covered, and what costs you will be responsible for paying. ♦



Q&A with Dr. Bellamah



How have surgical procedures for varicose veins changed?

In the past, doctors performed vein stripping surgery to remove varicose veins. This surgery required general anesthesia and often an overnight hospital stay. It was more invasive, with multiple, larger incisions, so it caused more pain and took longer for recovery.

Thankfully, we now have newer, less invasive procedures to treat varicose veins. We use local anesthesia, right in our office, with pin-hole incisions. That means little or no pain and quicker recovery times.

Are treatments painful?

We use local anesthesia for most of our procedures. You will feel some discomfort when the anesthesia is injected, but should not feel pain during the procedure

itself. If you're anxious about the procedure, we can give you a mild sedative to help you relax.

Can I walk after my procedure?

Yes! You'll be able to walk and go home soon after the treatment. You can resume your normal activities the following day. In fact, we encourage you to walk frequently. This helps redirect the blood to healthier veins that are deeper in the leg.

Do I need to wear special stockings after treatment?

After most of our procedures, I recommend that you wear a compression stocking for two weeks. This speeds healing and improves circulation. ♦

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.

Black Bean Tortilla Soup

If you're vegetarian, just leave out the chicken, use vegetarian broth and add another can of pinto or black beans. Corn, zucchini or bell peppers can be added for extra color, fiber and other nutrients. Ole!

Ingredients:

3 chicken breasts (about 1 lb chicken)
2 cans black beans, drained & rinsed
2 cups low sodium chicken broth
1 can tomatoes w/green chiles
1 8oz can whole kernel corn, drained & rinsed
1 small onion, chopped
2 cloves garlic, minced
1 tsp. oregano
1 tsp. cumin
1/2 cup chopped cilantro
2% milk shredded cheddar cheese
salt/pepper

Directions:

Boil the chicken until fully cooked in 6-8 cups water. Skim off excess fat and save broth. Remove chicken from stockpot and cut into 1" pieces. Return the chicken to the broth and add all of the above ingredients except the cilantro and 2% milk shredded cheddar cheese. Allow the soup to simmer for about 20 minutes until the beans are soft and the onions are cooked. Salt and pepper to taste. Serve with 1/2 tsp. chopped cilantro and 1 tsp. 2% milk shredded cheese.

Makes 14 (1 cup) servings. Nutrition Information per serving: 260 calories, 2.1g fat, 0.6g saturated fat, 28mg cholesterol, 38g carbohydrate, 9.1g fiber, 208mg sodium, 2.7mg iron, 80mg calcium.

Recipe & photo courtesy of SoundBitesNutrition.com.



Recover well with compression wear

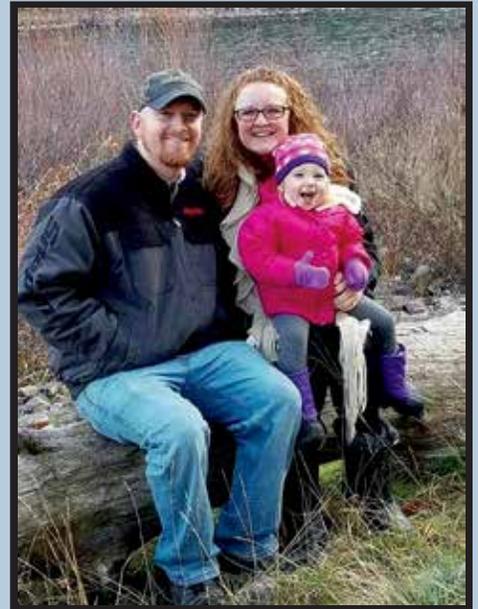
During treatment, Dr. Bellamah recommends that his patients wear professional-grade compression socks or stockings. The compression is strongest at the ankle and decreases as it goes up your leg. This encourages blood flow towards the heart and brings freshly oxygenated blood to the legs. Compression socks should be worn for 8-12 hours during the active part of your day.

With compression therapy, one size does not fit all! Professional-grade compression stockings only

work when you wear the right size and strength. Dr. Bellamah can determine how much compression you need (it's measured in mmHg or millimeters of mercury).

Bellamah Vein Center is dedicated to providing the best selection of compression wear (see the box below for some of our favorites). Come in today for a free compression fitting. Our compression experts can help you find the perfect sock to fit your lifestyle. ♦

Meet our team



WENDY BAKER, RVT, RCS

Wendy has worked at Bellamah Vein Center for three years as the Lead Ultrasound Technician. She is a registered vascular technician and a registered cardiac sonographer. In addition to performing high quality ultrasounds, Wendy's work involves making sure that protocols are current and standardized, auditing reports, assisting with procedures, and working on scheduling to help maintain efficient workflow.

Wendy's favorite thing about her work is getting to know patients. "I really enjoy working with our patients and listening to all their stories and past experiences," she said.

Wendy and her husband have a beautiful daughter who just turned three. "We also have two doggies: a boxer, who is full of energy, and our sweet pitbull, who turns 17 in May."

She enjoys doing crafts with her daughter and gardening. Wendy also loves to play volleyball. After winning state in her junior year of high school (when she was MVP of the league), she went on to play for the Griz in 2001.

Wendy's favorite food is anything Italian and she's "looking forward to the day Missoula finally gets an Olive Garden!" ♦

Our favorite compression brands... and why we love them!

VIM&VIGR

- ❖ Designer knee-high compression.
- ❖ Variety of fun stripes, colors, and patterns.
- ❖ Choice of cotton, wool, nylon, and moisture-wicking nylon—comfortable solutions for year-round wear.
- ❖ Also available: pantyhose and calf sleeves.

CEP

- ❖ Medically-based, athlete-driven line of compression wear made in Germany.
- ❖ Knee-high compression socks, calf sleeves, and athletic leggings.
- ❖ Padded foot bed and heel helps relieve athletic pressure points.
- ❖ Sport-specific products for running, hiking, team sports, outdoor activity, winter sports, cycling, fitness classes, and recovery.
- ❖ Ultralight socks for the warmer months and merino wool socks for winter activities.

Juzo

- ❖ FiberSoft technology is designed to provide more breathability, less dry skin, and ease in applying the garment.
- ❖ Knee-high, thigh-high, leggings, and pantyhose.
- ❖ Casual and dress styles come in black, beige, or seasonal colors to meet any fashion need.
- ❖ Juzo Naturally Sheer combines the look of fashion sheer hosiery with the benefits of compression therapy. ♦

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:

"Your staff and facility are wonderful. I appreciated the personal touch and kindness that everyone showed me. Can't wait to have my leg healed to see the complete results. Thanks!"

"You care about your patients and that is obvious. I have never felt rushed or pushed and I very much appreciate that you are willing to work out payment options without interest. Certainly shows your concern is for people first vs. money first."

"I love the smiles on everyone's faces. You all enjoy each other and your work. Doc doesn't have the all too typical doctor ego. Nice to see a great working environment that is fostering great teamwork."

"I know many women in my situation, so I will be sure to share my results and encouragement for them to get relief and a better quality of life."

"I think you all do a superb job – and I have very large expectations from growing up in a physician's home (and office!)..."

"Your facility is a healing environment in every way." ♦



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