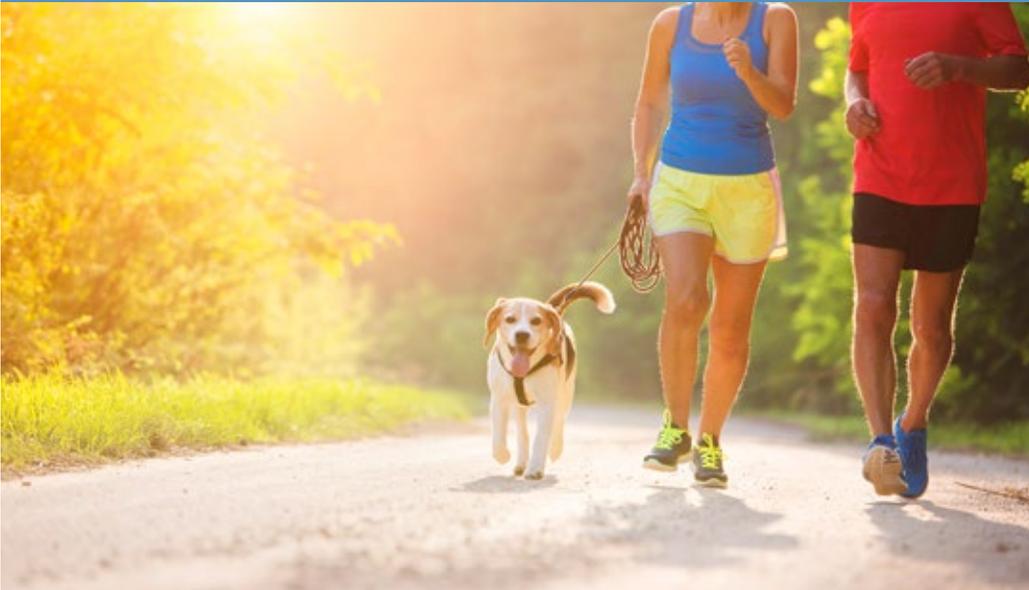


Bellamah Vein INSIDER

SPRING 2018, ISSUE 7



2975 Stockyard Road
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VeinMontana.com



SPONSOR OF THE *Griz*

Our newest treatment for varicose veins: VenaSeal

Bellamah Vein Center now offers the VenaSeal™ closure system, a new FDA-approved procedure to treat varicose veins.

BENEFITS

Patients treated with VenaSeal will appreciate the many benefits, including:

- ❖ Rapid return to normal activities
- ❖ No multiple needle sticks
- ❖ Improved comfort during the procedure
- ❖ Minimal-to-no bruising

HOW IT WORKS

VenaSeal improves blood flow by safely and effectively closing the

diseased vein. The system delivers a small amount of a proprietary medical adhesive to the diseased vein. The adhesive closes the vein and blood is re-routed through nearby healthy veins.

HOW IT'S DIFFERENT

Unlike other procedures, VenaSeal does not use a laser, heat, or multiple injections. No sedative is required. You may not need to wear compression stockings after treatment.

WHAT TO EXPECT

During the VenaSeal procedure, Dr. Bellamah numbs the site with one needle stick. Once the area is numb, he inserts a catheter (a small hollow tube) into your leg.

The catheter delivers small amounts of a medical adhesive at specific points along the diseased vein. Ultrasound is used during the procedure to guide and position the catheter. Once treatment is done, the catheter is removed and a bandage is placed over the site.

AFTERWARDS

Many patients return to normal activity immediately after the procedure. Dr. Bellamah can help determine what is right for you.

If you're suffering from varicose veins, VenaSeal may be for you. Contact Bellamah Vein Center at 406-541-3200 or online at VeinMontana.com.

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We make you feel at home

From the moment you walk in the door at Bellamah Vein Center, our staff will treat you with honesty, kindness, compassion, and respect — our core values!

Our waiting area is comfortable and inviting with complimentary snacks and beverages. In fact, our patients say that their experience at Bellamah Vein Center is more like a visit to a “friend’s home” than a medical office.

Once you experience it, you’ll know exactly what they mean! ♦

Our Core Values

HONESTY:

Be open, honest and direct.

KINDNESS:

All patients shall be treated with kindness. A 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. ♦



SPIDER VEINS

Q&A with Dr. Bellamah: Spider Veins



What are spider veins?

Spider veins are small, dilated veins near the surface of the skin (about 0.3 to 1.0 millimeters in size). They may be red, blue, purplish, or greenish in color. The medical term for spider veins is telangiectasia.

What causes spider veins?

Spider veins on the legs are usually related to underlying varicose veins. They form when pressure builds up inside a vein due to valves in larger veins not working properly. Causes include genetics, pregnancy, and age-related changes in blood vessels. Spider veins can also be caused by hormone changes (birth control pills and hormone replacement therapy), sun damage, and injury.

How do you treat spider veins?

VeinGogh is our newest way to treat spider veins. The procedure usually takes less than 30 minutes. There’s minimal discomfort and irritation, and you typically only need one session to see immediate results.

We also use sclerotherapy to treat spider veins. The procedure is performed in a short office visit and is usually painless, although you may feel a slight burning or stinging sensation. Most cases require a series of treatments scheduled a few weeks apart. Sclerotherapy is often done in conjunction with radiofrequency ablation (RFA) or endovenous laser treatment (EVLT) in order to treat the problem larger veins as well.

Are spider veins just a cosmetic issue?

Sometimes spider veins are a cosmetic issue, but if you are also experiencing symptoms like stinging, aching, burning, or itching, there may be underlying vein disease that needs to be treated.

Do I need an ultrasound if I have spider veins?

If you have spider veins, there could be more going on that you cannot see. Using ultrasound, we can view the entire network of diseased veins. Finding the root cause of spider veins is important for developing an effective treatment plan.

How can I prevent spider veins?

Not all spider veins can be prevented, but there are things you can do to lessen your chance of developing them. These include:

- ❖ Exercise
- ❖ Maintaining a healthy weight
- ❖ Elevating your legs often
- ❖ Avoiding wearing high heels
- ❖ Not standing/sitting for long periods of time
- ❖ Wearing compression stockings ♦

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.

Berkeley Burrito Bowl

This delicious vegetarian bowl is high in fiber, vitamins, and antioxidants. It contains all the tasty ingredients that would go in a wrap, elegantly displayed in a bowl. Add grilled chicken or fish if desired.

Ingredients:

2 cups cooked brown rice, hot
 2 cups pico de gallo*
 1 fresh avocado, sliced
 1 cup canned black beans, hot (drain & rinse first)
 2 baked sweet potatoes, cubed
 1/4 cup shredded mozzarella cheese



*You can buy pico de gallo pre-made, or make it yourself by combining two small diced tomatoes with chopped red onion, chopped cilantro, and diced mild peppers to taste.

Directions:

Divide each ingredient between four large and shallow individual serving bowls. Arrange the ingredients in a circular fashion like you see in the photo. Serve immediately.

Chef's Tips: Mix and match your own favorite ingredients into a burrito bowl. Include rice, quinoa, couscous, beans, lean protein, salsa, slaw, fresh veggies, baked potatoes or sweet potatoes. This is a great way to use up leftovers or to create a family style platter where everyone can "make their own creation."

Makes 4 (2 cup) servings. Nutrition Information per serving: 331 calories, 9g fat, 2g saturated fat, 9mg cholesterol, 121mg sodium, 53g carbohydrate, 11g fiber, 11g protein. ♦

Recipe & photo courtesy of FoodAndHealth.com.

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:

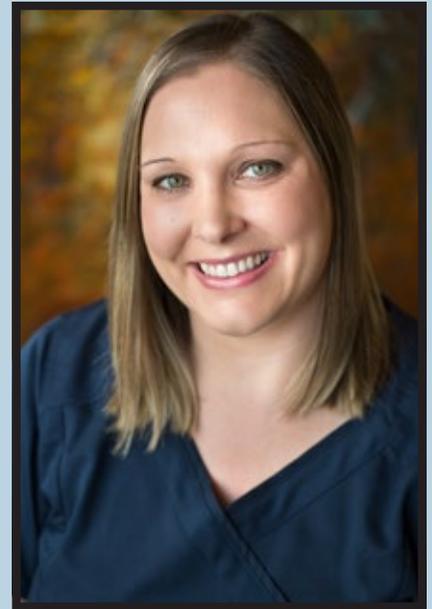
"I think you gave me another 20+ years with legs that work better. And my blood will be doing more of the things it should instead of getting stuck in my legs."

"Very professional office and staff. I would recommend you to any or all of my friends or family."

"This is a very well run, professional clinic, with very competent staff. Thank you for making the procedures more manageable and for the reassurance they offered throughout. Your good reputation is well deserved."

"The cookies! Ha ha. No, seriously - your staff is always friendly and made me feel very comfortable during every visit. They are all caring and compassionate." ♦

Meet our team



Angela Turpin, RPhS, RCS

Angela has been with Bellamah Vein Center as a Lower Extremity Vascular Technologist for three years. As a registered phlebology sonographer, she assists Dr. Bellamah in vascular procedures and performs ultrasound studies.

Angela says that one of the best parts of her job is working with the "great knowledgeable staff" at Bellamah Vein Center. She also loves the patient care aspect of her work. "It's very rewarding seeing patients come to us for leg health issues and making them feel great again."

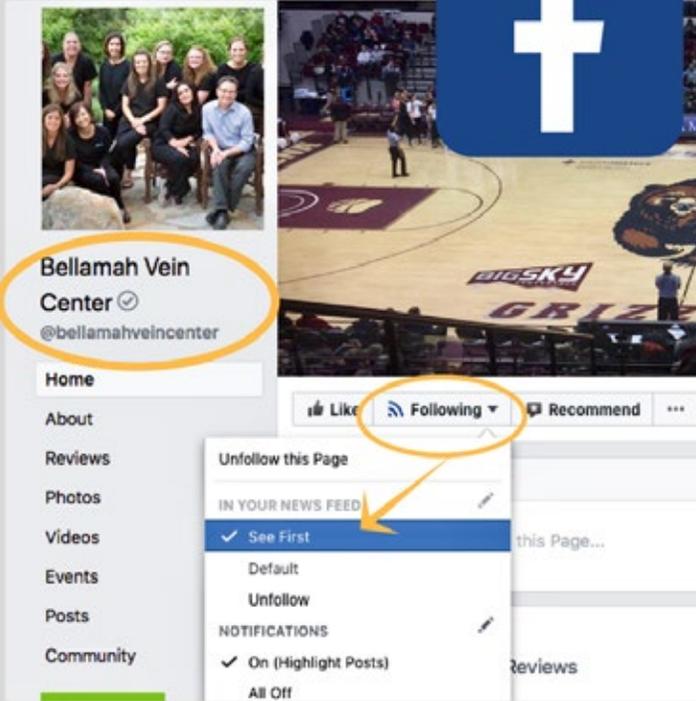
Raised in Spokane, Washington, Angela is the youngest of eight siblings. "My husband and I are raising a family here in Missoula and love it," she says. "It's a very beautiful place to live."

When not working, Angela enjoys reading and playing with her two children. "In the summer months, I love spending time floating the river or at my parents cabin in Idaho." Her favorite food is reuben sandwiches. ♦

Don't Miss a Thing!

Stay up-to-date with us on Facebook with these simple steps:

- Search for **@BellamahVeinCenter** on Facebook to easily find our page.
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- On our page, click on the **"Follow"** button and select **"See First"** to make sure you see ALL our stories in your news feed.



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