



At Cross County Cardiology, we are committed to providing quality care in a patient-centered, safe and comfortable environment. Certified by the American Board of Venous and Lymphatic Medicine, our caring team of vein specialists are dedicated to the proper evaluation, diagnosis, management and treatment of all vein disorders. With a focused attention on the specialty of venous disease, we help patients suffering from swollen, achy, painful legs get back the quality of life they deserve!



**WE CARE
ABOUT YOUR HEALTH**

CALL US: 201-941-8100
www.crosscountycardiology.com

OUR DOCTORS



Fernando Segovia
M.D., F.A.C.C.



Irfan Admani
M.D., F.A.C.C.



Rick Pumill
M.D., F.A.C.C.



Yaron Bareket
M.D., F.A.C.C.

Follow us on:



5 CONVENIENT LOCATIONS



Hackensack
20 Prospect Ave Suite 909
Hackensack, NJ 07601
201-343-4510
Fax: 201-343-7021



Edgewater
103 River Road
Edgewater, NJ 07020
201-941-8100
Fax: 201-941-2899



Secaucus Office
38 Meadowlands Parkway
Secaucus, NJ 07094
201-866-5151
Fax: 201-866-1890



North Bergen Office
7322 Bergenline Avenue
North Bergen, NJ 07047
201-971-8100
Fax: 201-941-2899



Hackensack Summit Office
92 Summit Ave
Hackensack NJ 07601
201-866-5151
Fax: 201-866-1890

**CALL OR GO ONLINE TO
REQUEST AN APPOINTMENT**
www.crosscountycardiology.com



**WE CARE
ABOUT YOUR HEALTH**

CALL US: 201-941-8100
www.crosscountycardiology.com

TREATMENT OPTIONS

• **Conservative**
Refers to non-invasive forms of treatment, where medications and surgery are not used to treat varicose veins. This may include suggestive lifestyle changes and wearing compression stockings.

• **Sclerotherapy (Injection & Foam)**
Commonly used to treat spider veins and small varicose veins. It involves the injection of an FDA-approved sclerosing solution (polidocanol) which causes the lining of the vessel to swell and stick together diminishing the appearance of the vein.

• **Radio-frequency Ablation**
A minimally invasive, non-surgical option for treating saphenous vein reflux disease. Under local anesthetic, a thin catheter is inserted into the vein through a small opening. Radiofrequency (RF) energy is applied to the vein wall, causing it to heat, collapse, and seal shut rerouting flow to other healthy veins.

• **Saphenous Vein Ablation**
Under ultrasound guidance, this technique utilizes a thin catheter and laser or radiofrequency energy applied to the inside of the vein. This heats and seals the vein closed, re-establishing normal flow to the other veins.

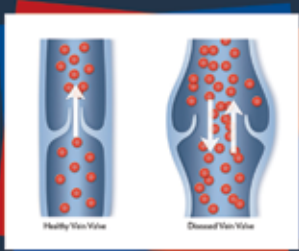
• **Ambulatory Phlebectomy**
A local anesthetic fluid is injected into the area of the varicose vein clusters to be treated. A small scalpel or needle is used to puncture the skin next to the varicose vein, and a small hook is inserted into the hole, to grasp and then remove the vein. The area is covered with a compression bandage and/or compression stockings, and the patient is able to walk immediately following the procedure. No anesthesia or stitches are required and the scars from ambulatory phlebectomy are nearly imperceptible.



FREQUENTLY ASKED QUESTIONS

• **What are Varicose Veins?**
Varicose veins happen when small valves in veins break and cause the blood in them to flow in the wrong direction. This causes the veins to swell and backfill with stagnant blood. Many times varicose veins appear as either bulging and ropelike, or small and threadlike. However, they can also appear deep under your skin, where you are not able to see them. Varicose veins can cause aching, tired and swollen legs; create a burning, throbbing, or itching sensation; and cause muscle cramps and a general restlessness in your legs. Varicose veins require medical treatment.

• **Why do my legs swell?**
In normal, healthy veins, strong elastic walls and one-way valves keep blood moving in the right direction. However, in diseased veins, the valves may stop working properly, allowing blood to flow in the wrong direction and form pools in the veins. The vein walls may also lose their elasticity, further contributing to vein bulging, swelling, twisting, and knotting. These abnormal veins, with their slowed blood flow, lead to the disorders called vein disease.



• **What is Sclerotherapy?**
During sclerotherapy a solution is injected into your varicose or spider veins. This closes the abnormal vein and seals it off from the other healthy veins in your leg. The vein shrinks over time and is eventually absorbed. A typical treatment session may last for 15 to 20 minutes and will consist of microinjections. Depending on where the vein is located, this procedure is done with and without ultrasound guidance. We only use FDA approved solutions during sclerotherapy, such as Asclera and Sotradecol.

ARE YOU AT RISK?

Many factors contribute to the presence of venous reflux disease, such as:

- Age
- Gender
- Heredity
- Multiple pregnancies
- Obesity
- Standing professions



COMMON SYMPTOMS

When symptoms occur, you may notice:

- The appearance of varicose veins or spider veins
- Swelling in the legs, ankles, or feet
- Leg pain, aching, or cramping
- Warmth or discolored skin in the legs
- Wounds on the legs that won't heal
- Rashes or thickening of the skin on the legs
- Shortness of breath, rapid heartbeat, or dizziness

If you have swollen, achy legs, restless leg syndrome or unexplained skin discoloration, you may have venous reflux disease.



LIVING LIFE TO THE FULLEST

At Cross County Cardiology, we are committed to providing quality care in a patient-centered, safe and comfortable environment. We help patients that are suffering from swollen, achy, painful legs get back the quality of life they deserve. Ask us today how we can help.