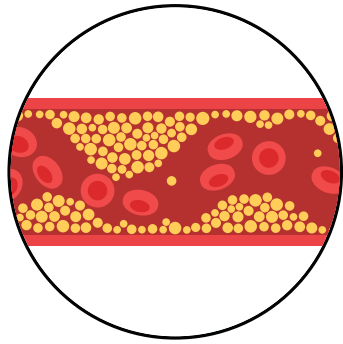


**Normal
Blood Flow**



Thrombosis

Leg Veins and Pain, What you Need to Know

Circulatory problems in the legs, can affect both men and women of all ages and can often appear as spider veins, varicose veins, lymphedema or lipedema and hard-to-heal wounds. These conditions can be painful, debilitating and complicated and can signal a more serious condition known as chronic venous insufficiency.

Chronic venous insufficiency, a condition that is more than just cosmetic, is a serious condition that can elevate your risk for blood clotting in the deep veins of the leg, known as deep vein thrombosis - which strikes about one in 20 people and can increase your risk for stroke or other dangerous conditions.

Do you experience any of the following symptoms in your legs?

- Tiredness
- A feeling of heaviness
- Aching
- Swelling
- Skin discoloration
- Open Sores
- Restlessness
- Spider veins
- Varicose veins
- Bulging veins



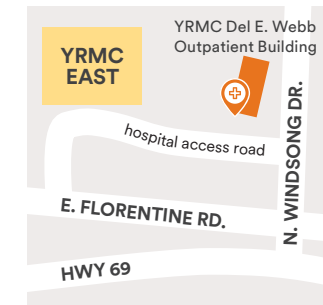
If you suffer from any of these symptoms, the vascular specialist at Dignity Health, YRMC's state-of-the-art Vein Center are ready to help.

For appointments or other information, call (928) 759-5890.

Visit us online at
DignityHealth.org/YRMC.

Dignity Health is a
member of CommonSpirit

The Vein Center at
Dignity Health, YRMC
YRMC Del E. Webb
Outpatient Building
3262 N. Windsong Drive
Prescott Valley, AZ 86314
(928) 759-5890
DignityHealth.org/YRMC



The Vein Center

**Treatment
solutions for
healthy legs.**





Our Collaborative Approach to Vein Health

At the Vein Center at Dignity Health, Yavapai Regional Medical Center (YRMC), our multidisciplinary team contributes a wealth of knowledge and experience to the development of every treatment plan. Our Vision of a Total Healing Environment means that we treat the whole person - body, mind and spirit - guided by values that include Respect, Integrity, accountability, Commitment and Quality.

The Vein Center provides a family of solutions to address circulatory issues and your care plan may include:

- Collaboration with YRMC's Wound Care program to help with hard-to-heal leg ulcers and wounds - a result of poor circulation.
- Collaboration with one of YRMC's excellent vascular surgeons or interventionists who specialize in intervention to treat lower extremity arterial disease and are on 24-hour emergency call for acute limb salvage.
- We also work closely with YRMC's Diabetes Education program - recognized by the American Diabetes Association for Quality Self-Management Education - to help patients better manage diabetes, another reason for poor circulation in the veins.

Our Team

When receiving care at the Vein Center, you can rest assured that your good health is in the hands of highly trained professionals who specialize in the latest vein disease diagnosis, treatment and care.

- OT/CLT Lymphedema Specialist
- RN's and Medical Assistants
- Nurse Practitioner
- Board Certified Vascular Surgeons
- RVS, RVT Certified Vascular Sonographers

What to expect from your treatment

- A referral from your physician is necessary to schedule an appointment with the Vein Center at Dignity Health, YRMC. Please plan to arrive 15 minutes early for the first appointment and remember to bring identification and your insurance card.
- During your first visit our vascular experts will conduct a thorough evaluation to fully understand your risk factors, lifestyle preferences, health history and any obvious signs of vascular disease. We will also schedule you for an ultrasound study for a comprehensive look at your vein pathology.
- Our treatment plans are designed to meet your specific needs and emphasize lifestyle changes when appropriate. It's important that you maintain an appropriate weight, get regular exercise and eat a healthy diet. It's also important to not smoke, avoid sitting or standing in one position for too long, and to elevate your feet to prescribed levels.
- The use of compression stockings, especially when traveling, is often prescribed as a conservative therapy. We will also provide thorough instruction regarding the proper use of compression stockings.

- If you require additional treatment, we may prescribe minimally-invasive outpatient treatments that may include venous ablation, sclerotherapy or microphlebectomy.
- Be sure to ask us about our online patient portal, YRMCCareConnect.org. This is a great way to stay informed about your care and to stay connected to your care team from anywhere you have an Internet connection.

For appointments or other information, call 928.759.5890.



Visit YRMCHHealthConnect.org

Yavapai County's leading health care blog for health and wellness news from Dignity Health, Yavapai Regional Medical Center.

Hello humankindness®