



News Release

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Columbus General Surgery offers treatment for varicose veins

For Immediate Release

(COLUMBUS, Neb.) – For many people, painful, swollen legs get in the way of everyday activities such as walking and standing. This pain and discomfort can disrupt daily life.

Some of these people have what is called chronic venous insufficiency (CVI), also known as venous reflux disease or venous hypertension.

CVI causes blood to collect in veins and could lead to the following issues:

- Swelling in the lower legs and ankles, especially after extended periods of standing.
- Aching or tiredness in the legs.
- Varicose veins.
- Leathery-looking skin on the legs.
- Flaking or itching skin on the legs or feet.
- Stasis ulcers (or venous stasis ulcers).

This condition will not go away if you wait. Fortunately, the surgeons at Columbus Community Hospital's Columbus General Surgery can recognize, treat and prevent painful legs due to CVI. Initial treatment usually begins with your primary care provider. This treatment includes using compression for a minimum of three months, managing your weight and exercising.

According to Dr. Myron Morse, surgeon at Columbus General Surgery, the people who are most at risk for CVI are those who spend prolonged period of time on their feet, those who are obese and those who have a family history of the condition. Additionally, Morse said vein issues in the legs are more common in women, especially those who have had multiple pregnancies.

"A lot of times, we see these issues in more women than men because pregnancy puts a tremendous amount of pressure on the veins," Morse said.

He suggests women talk to their doctors about prevention measures while they are pregnant.



“Many pregnant women may not think that way, especially at a young age,” he said. “However, multiple pregnancies with that kind of pressure can lead to issues down the road.”

Some people mistake CVI and other vein issues strictly as an age-related affliction, but younger individuals can develop them as well.

Advanced Treatment Options

Columbus General Surgery offers treatments to provide relief from vein conditions.

If exercise, weight loss and compression stockings do not help, you may be interested in VenaSeal or VNUS RF ablation.

VenaSeal is an outpatient procedure during which surgeons deliver a small amount of a specially formulated medical adhesive to seal the diseased veins, rerouting blood to nearby healthy veins and providing symptom relief.

VNUS RF ablation is a procedure that targets the damaged veins using heat. For this procedure, a doctor inserts a catheter inside the vein through a small incision and seals it with radiofrequency energy.

Both procedures are much more efficient and precise than vein stripping procedures.

Say goodbye to painful, swollen legs. Call Columbus General Surgery today.

For more information about VenaSeal or VNUS® RF ablation, please visit www.columbushosp.org or call Columbus General Surgery at 402-564-5333.

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