

RHODE ISLAND HEALTHCARE PROFILES

Accredited Vein Specialist Touts Expertise and Effective, Minimally Invasive Treatments

"There's a misconception that venous disease is merely an annoying cosmetic issue patients just have to live with. It's not. It's a circulatory problem that left unchecked could lead to more serious outcomes."

Ocean State Cardiovascular and Vein Center was the first in New England and is still the only practice in Rhode Island accredited in the treatment of venous disease, a fact, says Walid Saber, MD, FACC, FSCAI, RPVI, that ensures patients will receive the best care possible for a disease long overlooked by others in the medical community.

Commonly known as varicose veins, venous disease affects 20 percent of the adult population. Most of those afflicted are women who work "standing jobs" (like hairdressers, servers, and teachers) or who have carried multiple pregnancies. They suffer from pain and swelling, and in addition to negatively impacting movement and lifestyle and being generally unpleasant, venous disease can result in serious health concerns including venous ulcers, deep vein thrombosis, and edema.

The disease is the result of faulty or "leaky" valves. Over time, valves in the veins of the legs can weaken and fail to prevent blood from flowing backward. Veins may be enlarged and disfigured, and blood may pool rather than proceed to the heart.

"In the past, patients were told there was no recourse or that their venous disease was nothing more than an annoyance. The worst cases might be subject to venous stripping, a surgical procedure requiring anesthesia and several weeks of recovery," says Dr. Saber. "But today many minimally invasive, medically proven outpatient treatments are available, therapies that are painless, require no downtime, and are usually covered by insurance."

Treatment Options

"We always start with the most conservative therapies; we recommend patients maintain a healthy weight and be as active as possible, and we may prescribe special compression stockings," Dr. Saber explains. "If these efforts fail, more advanced therapies may follow."

Minimally invasive therapies include laser ablation, radiofrequency ablation, and endovenous (or heat) ablation, all of which use energy to seal affected veins, which are eventually absorbed by



Walid Saber, MD, FACC, FSCAI, RPVI

the body.

Sclerotherapy involves the use of injection catheters to deliver a medical solution into the veins, also sealing leaky valves. Ablation and sclerotherapy both reroute blood through healthier veins.

Dr. Saber emphasizes that these therapies involve no surgery, cutting, incisions, or sutures.

"There's no need to live with the pain and discomfort of varicose veins," he says. "Today's treatments aren't like those of the past, and at Ocean State Cardiovascular and Vein Center, we'll have you on your feet and back to your day-to-day quickly and easily."



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The Importance of Accreditation

What does it mean for patients that Ocean State Cardiovascular and Vein Center was the first accredited vein center in New England and is still the only accredited center in Rhode Island?

Dr. Walid Saber responds:

"It's an indication of quality and assures patients they will receive the highest possible standard of care as evidenced by experience, number of procedures performed, and inspection and evaluation of results. The accrediting body, the Intersocietal Accreditation Commission, sets the bar high, and Ocean State Cardiovascular and Vein Center exceeds the challenge year after year, offering care patients can trust."