

AS SEEN IN

GOOD  
HOUSEKEEPING

Woman'sDay

Women'sHealth

## RHODE ISLAND HEALTHCARE PROFILES



# The Experts on Healing Your Arteries and Veins

The Vascular Experts' skilled physicians keep New Englanders' blood pumping.

**M**any people may not know they're suffering from vascular disease, but they're surely aware of the symptoms.

"Often, women can suffer from varicose veins or venous problems without visible symptoms because the varicosities are deep enough under the skin that they can only be seen on ultrasound," says Dr. Harry Ma, a Tufts-trained vascular surgeon with The Vascular Experts.

The Vascular Experts is the nation's largest vascular surgery practice. Its physicians can employ a range of minimally invasive procedures—including sclerotherapy, laser ablation, or radiofrequency closure—to eliminate unsightly discolorations and free patients from chronic itching and pain.

"It's all done in our office setting," Dr. Ma says. "It takes about an hour; you walk in, you walk out, and are usually back to full activity the same afternoon or the next day. The majority of our patients experience no pain from the procedure and symptom improvement occurs within the first week."

The group is also able to help some women who experience chronic pelvic or vaginal pain that seems to have no discernible cause and does not resolve after gynecological or urological procedures. This kind of pain can arise from a vascular condition.

Such patients are sometimes found to be suffering from pelvic congestion syndrome—essentially, varicose veins in the pelvic region—which may be

underdiagnosed and may affect from 4 to 15 percent of women in their 30s and 40s.

"We're able to seal off varicose veins in the pelvic area so that blood doesn't continue to create pressure and cause pain," says Dr. Stratton Danes, a University of Connecticut Hartford-trained vascular surgeon.

Sometimes, localized varicose veins can be an early indicator of a more generalized vascular problem—peripheral artery disease—that is strongly associated with serious, chronic illnesses, notes Dr. Danes.

Leg soreness that progresses throughout the day; nighttime leg cramps; a feeling of heaviness or fatigue; and swelling, numbness, or tingling in the hands or feet are all signs that might indicate poor circulation.

Older American women—especially those who have had children, stand at work for long periods of time, smoke or vape, or are sedentary or overweight—are particularly susceptible to developing vascular problems.

"On average, women have smaller arteries than men, so blockages can occur more quickly and become more severe," explains Dr. Ma.

Luckily, Dr. Ma, Dr. Danes, and the 20-plus other highly skilled providers of The Vascular Experts can help their patients detect the underlying problems using noninvasive ultrasound imaging right in the office.

"We see many patients with histories of high blood pressure, coronary

arterial disease, heart disease, and diabetes whose leg muscles don't receive enough circulation," Dr. Danes says. "But we can go in and open up those arteries with balloons or stents, which can improve circulation and relieve pain."

"And again, as with varicose vein treatments, sometimes those patients can be up and around the same day as surgery," Dr. Ma adds. "Many experience almost immediate relief of the swelling, pain, or numbness they chronically experience in their feet."

The Vascular Experts also consult on complex medical cases with vascular implications, including diabetic patients who require advanced wound care.

"Diabetes is a hard problem in and of itself to fix," Dr. Danes observes. "If there's an underlying arterial or venous problem, the wound care plan sometimes requires a specialist who understands those problems to achieve successful healing."

  
The Vascular  
Experts®

844-482-7285  
thevascularexperts.com