

## A New Lease on Legs

Patients experiencing venous insufficiency turn to **Arlen G. Fleisher, M.D.**, at Scarsdale's Center for Vein Restoration.



**V**ein specialist Arlen G. Fleisher, M.D., hears his patients say it over and over: “Why did I wait so long to get these veins taken care of?” The answer, he explains, is surprisingly common.

“Many older family physicians aren’t aware of the amazing new treatments available for venous insufficiency,” says Dr. Fleisher, lead physician at Center for Vein Restoration in Scarsdale. “When patients ask for help, they are often told to just live with it. But varicose and spider veins aren’t just unsightly; venous insufficiency is a medical issue. These patients are in pain.”

Dr. Fleisher spent many years as a renowned, board-certified cardiothoracic surgeon before pivoting to a career in venous disease. Today, he is a Diplomate of the American College of Venous and Lymphatic Medicine. In 2015, he joined forces with Center for Vein Restoration—America’s largest physician-led vein center, with more than 100 offices nationwide.

### Leading-edge Medicine

Venous insufficiency is the umbrella term for veins that become inefficient in sending blood back up to the heart, explains Dr. Fleisher. As valves in the veins fail, blood pools in the legs, causing varicosities—swollen, twisted veins that can throb and ache—or tiny blue-black spider veins. Diagnosis of venous insufficiency has been revolutionized by portable ultrasound technology. Evaluation and treatment happen right in one of Center for Vein Restoration’s comfortable offices.



Arlen G. Fleisher, M.D.

“Our ultrasound technicians are highly trained,” Dr. Fleisher says. “We use the latest technology, and patients experience no hospitalization, bloodwork, general anesthesia, or downtime.”

Between 20 to 30 million Americans have varicose veins. Contributing factors include heredity, gender, age, weight, pregnancy, and a history of deep vein thrombosis. But, says Dr. Fleisher, today’s treatments are fast, safe, and effective—and usually covered by insurance. Treatments include:

- **Varithena®**: a minimally invasive, nonsurgical procedure in which a small amount of microfoam is injected into the vein, collapsing and redirecting it.

- **VenaSeal™**: a revolutionary option that uses medical-grade adhesive to permanently treat venous insufficiency.

- **Radiofrequency ablation**: an ultrasound-guided technique in which a tiny catheter heats the vein wall, sealing it off.

- **Phlebectomy**: a procedure in which superficial varicose veins are extracted through microincisions.

Spider veins are treated with either visual sclerotherapy (considered a cosmetic treatment) or with foam sclerotherapy in which ultrasonography is used to inject medicine that closes the problem veins.

### Making a Difference

“While usually not life-threatening, these conditions make people miserable; this is a health issue,” says Dr. Fleisher. Knowing he has helped them, he adds, is deeply satisfying. “I had a patient who worked on a golf course. He had severe venous disease and was in a lot of pain, but his doctor shrugged it off. Finally, he called us. I evaluated him carefully, then treated him, and the result was phenomenal. He said he’d never felt better. Then he took a stack of my business cards to hand out to fellow golfers.”



Center for Vein  
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