



A Leg Up

Laura Kelsey, M.D., has a message for people living with painful, bulging varicose veins: Revolutionary new treatments can work wonders.



Vein specialist Laura Kelsey, M.D., transforms people's lives every day, and they impact hers as well. When asked to recall a specific patient, she's quick with an answer. "Angela T. came to Center for Vein Restoration [CVR] after years of leg pain," recalls Dr. Kelsey, who serves as regional medical director and practices in Muskegon and Grand Rapids.

Over time, Angela (not her real name) found it hard to walk and could barely make it through a quick trip to the grocery store. Increasingly sedentary, she struggled with weight gain. Finally, she received a referral to Dr. Kelsey, who was immediately concerned. "Poor circulation and severe varicose veins had left her ankles and calves badly swollen," she explains. "She had painful cellulitis and blisters. But we knew we could help."

Over just a handful of visits, Angela received a variety of painless outpatient treatments that provided profound relief.

A Passion for Healing

Varicose veins are swollen, twisted veins—usually in the leg—that are close to the surface of the skin. Due to age, pregnancy, or genetics, the valves in these veins become damaged, allowing blood to pool. Increased pressure forces fluid into surrounding tissues, making the affected leg swell and feel heavy.

Left untreated, the disorder may lead to ulcers and infections.

Dr. Kelsey became fascinated with venous disorders while still a Michigan State University medical student and never looked back. Today, she is a leader in her field and has successfully treated tens of thousands of patients, but she knows many who need treatment don't seek it.

"There is widespread misinformation about venous disease," says Dr. Kelsey. "People think varicose veins are simply a cosmetic issue that they must live with. They think that treatments are painful and ineffective, there's a long recovery time, and insurance will not pay for it. None of these things are true."

Dr. Kelsey says she's acutely aware of the stigma and self-criticism women with varicose veins often experience. "I love helping my women patients feel better about their bodies—and be healthier," she says. Angela is a case in point. With her painful, diseased veins successfully treated, she's lost nearly 70 pounds and is back to her busy, best life.

"Studies have shown that nearly 40 million Americans suffer from debilitating venous disorders, yet only about 1.7 million seek treatment every year. Our clinics offer safe, effective, leading-edge treatments that are usually covered by insurance."

—Laura Kelsey, M.D.,
Regional Medical Director at
Center for Vein Restoration

Treatments offered at Center for Vein Restoration include:

- **RADIOFREQUENCY ABLATION:** Guided by ultrasound, a small catheter heats the vein wall, sealing it off and rerouting the blood supply.
- **VARITHENA®:** Microfoam is injected into affected veins, causing them to collapse.
- **VENASEAL™:** Medical-grade adhesive treatment closes off varicose veins.
- **AMBULATORY PHLEBECTOMY:** Superficial varicose veins are completely removed through micro-incisions.
- **SCLEROTHERAPY:** This treatment, involving tiny injections, is highly effective for eliminating spider veins.

