

SOUTH BAY
HEALTHCARE
PROFILES

The Vein Whisperer

Dr. Polyxene Kokinos at South Bay Vascular Center & Vein Institute identifies and treats vascular issues with a special touch.

It's not uncommon for physicians to tell patients suffering from long-term leg swelling or heaviness that no real treatments exist and that lifelong discomfort is inevitable. For Dr. Polyxene "Polly" Kokinos and the South Bay Vascular team, it's a story they hear daily from patients seeking relief from the pain of vascular disease.

Fortunately for those patients, Dr. Kokinos has performed more than 20,000 vein procedures in her 25 years of experience as a vascular surgeon. She utilizes her expertise, along with the latest advances in imaging and device technology, to provide solutions that simply weren't possible before.

"We offer hope when others say there is none," explains Dr. Kokinos.

As an independent physician, Dr. Kokinos and her team focus on understanding the "why," so patients have real solutions to their vascular issues. At South Bay Vascular, patients receive cutting-edge care and are treated with dignity and respect in a private, nationally accredited surgery center dedicated entirely to vascular surgery. That's why more local physicians refer their patients to South Bay Vascular than to any other vein clinic in Silicon Valley.

VARICOSE VEINS

Commonly considered a purely cosmetic condition, varicose veins are unsightly, can cause discomfort, and can also be a sign of a more serious circulatory illness. "They usually occur in the legs when elastic vein walls and one-way valves weaken," Dr. Kokinos explains. Unlike most vein specialists, Dr. Kokinos is a board-certified vascular surgeon. She and her team treat varicose veins and restore beautiful legs while also evaluating the bigger picture to ensure no deeper-seated vascular problems exist.

LEG SWELLING

"After suffering for more than two years with a debilitating swelling in her leg following back surgery, one patient came to us desperate for relief," recalls Dr. Kokinos. The patient's orthopedic surgeon had insisted that the leg swelling was an unfortunate, untreatable effect of the surgery.

Quickly, Dr. Kokinos identified the issue as iliac vein compression, a condition that occurs when the iliac vein is compressed between the spine and right iliac artery. This can cause pain, swelling, and recurrent blood clots in the left leg. "Many physicians



South Bay Vascular Center & Vein Institute treats:

- Leg swelling • Varicose veins
- Blood clots • Circulation problems
- Non-healing leg wounds
- Hemodialysis access issues
- Stroke/TIA • Aneurysms

misdiagnose iliac vein compression, attributing the swelling to weight gain or aging," she notes. Her clinical research into the condition has given Dr. Kokinos a keen awareness of its symptoms and solutions. To help the patient, she inserted a stent, restoring the patient's mobility and quality of life.

This is what Dr. Kokinos and South Bay Vascular do best: helping patients relieve their pain, regain confidence, and take back their lives—one vein at a time.