



Sacramento's Trusted Vein Expert

Varicose veins are abnormal veins, but not all abnormal veins need treatment. Meet the practice that guides patients in making the most prudent decisions for their health.

◀ **Dr. Daniel Monahan, Founder, Monahan Vein Clinic**

With an estimated 20%-40% of the population living with venous disease, chances are, you either know someone who's affected by the disease or you are affected, whether you realize it or not.

But what exactly is venous disease?

"It's everything from unsightly spider veins to bulging varicose veins to chronic leg ulcers to life-threatening blood clots—and we take care of all those conditions," says Monahan Vein Clinic founder Dr. Daniel Monahan, a surgeon who has exclusively treated vein disease for 20 years. "Veins are not a piece of my practice; veins are my entire practice."

As an active member in the nation's most prestigious vein symposiums, including the American Venous Forum (AVF) and the American Vein & Lymphatic Society (AVLS), Dr. Monahan keeps up to date on the industry's most advanced research and methodology.

His participation within leading vein circles has helped elevate the field significantly during his many years in the specialty. Notably, he was a pioneer of the "staged" approach to varicose vein treatment, which employs a minimally invasive ablation technique that replaces vein stripping procedures. The surface veins then shrink over time, reducing overall treatment. The strategy is now widely practiced throughout the profession.

Misconceptions of Vein Disease

A common misconception is that people with professions requiring prolonged standing—such as hairdressers, nurses, and cashiers—are the most prone to venous disease. Dr. Monahan says that isn't necessarily true, as those who sit at length are often at higher susceptibility. Genetics, gender, and age, however, are the greatest indicators of venous risk.



"We see about a 60/40 split of female-to-male patients," says Dr. Monahan, "and it's common that women first develop varicose veins during pregnancy." Those varicosities are often exacerbated by time and the constant presence of gravity, which may lead them to becoming increasingly symptomatic.

Seeking Optimal Treatment

"If patients aren't bothered by the appearance or symptoms of veins, and if they don't show signs of advancing disease, they can leave them alone," says Dr. Monahan.

When pain, achiness, heaviness, or the unpleasant appearance of varicosities begin hindering quality of life, an office visit for expert evaluation may be warranted. However, seeking a trustworthy and reputable practice is critical.

"There's an unfortunate tendency in this field for physicians to perform unnecessary ultrasounds and treatments. That exploits the patient and the whole population because we all pay insurance premiums.

Unnecessary vein procedures won't kill or debilitate people, but they're lucrative to physicians. It's unethical to exploit patients by recommending procedures they don't need," Dr. Monahan says.

At Monahan Vein Clinic, patients are first screened "by the most pleasant staff in the community," Dr. Monahan says, for symptoms and severity before scheduling an appointment.

For those needing them, Monahan Vein Clinic offers on-site ultrasound exams and treatment planning in the same visit, a convenience not widely offered at other clinics. Patients can trust their particular vein needs will be addressed professionally, expertly, and ethically.



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