



## STOPPING A DISEASE IN ITS TRACKS

Top-tier physicians at San Diego's **Spider and Varicose Vein Treatment Clinic** battle an insidious vascular disease.

**T**he symptoms seem like telltale signs of aging: heavy, aching legs marred by bulging blue and purple veins. The culprit, though, is chronic venous insufficiency, a slow-moving disease caused by dysfunctional veins that fail to deliver blood to the heart.

"The symptoms don't jump up and hit you in the face—but they worsen over time," says Dr. Billy Schoenfeld of the Spider and Varicose Vein Treatment Clinic in San Diego. About a third of the population, including 45% of women, suffers from chronic venous insufficiency—yet it's often undiagnosed, even by general physicians. Left untreated, it can spiral into edema or chronic skin ulcers.

Luckily, treatment for chronic venous insufficiency is straightforward and often covered by insurance. At the Vein Treatment Clinic, Dr. Schoenfeld and his colleagues Drs. Jasmine Koo and Amanda Steinberger employ minimally invasive techniques to thwart its progress and help patients get back on their feet.

### Modern Technology Meets Exceptional Standards

Until recently, treatment for chronic venous insufficiency was brutal, involving heavy anesthesia and deep incisions in the

legs, followed by a long and uncomfortable recovery. That's largely been replaced by a minimally invasive surgery requiring a 1 mm incision, little to no anesthesia, and zero downtime. "The game has changed," Dr. Schoenfeld says. "Modern procedures have a higher success rate and take 20 to 30 minutes. You can be treated on your lunch break and drive home afterward. There's no reason to opt for the older procedure."

While most venous clinics rely on modern methods, the Vein Treatment Clinic sets an exceptionally high bar. During radio frequency ablation, which cauterizes the largest of the failed veins, physicians here employ a proprietary practice to alleviate discomfort. Smaller veins are shut down with sclerotherapy—a common practice, yet the Vein Treatment Clinic favors an FDA-approved medication instead of lower quality solutions used elsewhere. The clinic also boasts one of San Diego's few IAC-accredited ultrasound centers, ensuring top-quality vascular diagnostic evaluations.

Patients from all over the world come to the Vein Treatment Clinic for the high standard of care and personalized treatment delivered by its team of mostly Ivy League-trained physicians, all of whom follow the latest evidence-based medical practices. "Instead of doing 40 procedures a day, as

some clinics might, we spend a lot of time with patients and explain any element of the disease or procedure they mightn't understand," Dr. Schoenfeld says.

Leaders in their field, the clinic's physicians are acutely aware of the disease's stealthy progression—and how easily it can be stopped. Dr. Schoenfeld remembers one patient whose grandchildren were so appalled by his veiny legs that they refused to go near him. After treatment, he was confidently wearing shorts and playing with his grandchildren. "You witness the impact on patients' lives in so many ways," Dr. Schoenfeld says. "They're up and running, they look better, and their health is no longer in peril. As a physician, these are all extremely fulfilling outcomes."



### Spider and Varicose Vein Treatment Clinic

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