

## SANTA BARBARA HEALTHCARE PROFILES



## Let's Talk About Your Veins

Venous issues like spider and varicose veins are common but treatable—when entrusted to an experienced surgeon.

Studies show that a majority of women and many men will experience vein-related problems at some point in their lives. Symptoms may be mild and unsightly or more severe and uncomfortable, with a bulging appearance that causes heaviness, throbbing, or aching, especially at the end of the day.

“When your varicose veins affect your quality of life, it’s time to seek treatment,” says vascular surgeon Kevin Casey, M.D., FACS, founder of Santa Barbara Vascular Specialists (SBVS) and Ventura County Vascular Specialists (VCVS). “In my experience, symptoms will almost certainly get worse as the years go by. You don’t need to put up with discomfort.”

Venous disease is caused when vein valves fail to return blood to the heart, and the blood pools in the legs. Family history plays a large role, as does obesity and age. Women often develop varicosities during pregnancy, and multiple pregnancies are shown to worsen the symptoms.

Dr. Casey’s preventative recommendations include weight management and walking programs, as well as conservative treatments like compression

stockings to manage symptoms. If treatment is needed, most varicose veins can be treated with a simple, in-office procedure that requires no downtime—and insurance often covers it.

### Tailored Treatment

“When I founded this practice in 2019, it was important for me to take care of the whole patient, not just their vascular disease,” says Dr. Casey. “We make recommendations based on their unique situations, so we get to know them, their family, and their lifestyle. For example, I might not recommend compression stockings, which can be tough to maneuver, to an elderly patient with arthritis who lives alone.”

SBVS/VCVS offers two minimally invasive surgical options for venous treatment: VenaSeal™, which uses a biologic glue, and radiofrequency ablation, which uses laser energy. Both treatments close the problem veins and reroute blood to healthier veins. “Patients can go back to work and resume normal activities immediately,” says Dr. Casey.

For unsightly veins without underlying dysfunction, phlebectomy (removal of the vein) and sclerotherapy



Kevin Casey, M.D., FACS, Founder

(an injectable solution) are effective remedies.

### Peripheral Arterial Disease

Peripheral arterial disease (PAD) is usually caused by plaque buildup in the arteries leading to the calves and feet. Symptoms of pain are often triggered by walking or exercising. In severe cases, patients experience nonhealing wounds or chronic limb-threatening ischemia.

“PAD affects millions of Americans every year, and while most cases only affect quality of life, some can lead to amputation,” says Dr. Casey. “At our practice, we pride ourselves on having a multidisciplinary approach. We have long conversations with patients about whether they’re taking their appropriate medications, doing a formal walking or weight-loss program, quitting smoking, and managing conditions like diabetes and hypertension. We form long and close relationships and intervene before conditions become severe.

“I chose to be a surgeon because I liked being able to identify a problem and then fix it,” he concludes. “As a vascular specialist, many of the procedures deliver immediate relief for the patient, which is very gratifying.”