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Woodland Heights Offers Advanced Procedure to Rid Patients of Varicose Veins

Lufkin, TX, March 18, 2010 – There's renewed hope for those suffering painful, unsightly varicose veins. The Woodland Heights Vein Care Center and Julio Williams, MD., Cardiovascular Surgeon, have teamed up to offer patients a state-of-the-art procedure called Vein Ablation for treating varicose veins without the need for a hospital stay, general anesthesia, or even stitches.

In Vein Ablation, a small injection is made into the varicose vein, which has been numbed with a local anesthetic. A very thin laser fiber is then inserted into the vein and directed to the desired treatment location. When the laser is activated, thermal energy is delivered, causing the vein to close. The laser fiber is gradually withdrawn until the entire diseased vessel is treated. The whole procedure lasts less than one hour. Immediately after treatment patients can walk and return to normal activities.

"Vein Ablation is a great advancement for patients. We are pleased to bring this medical advancement to the community," says Dr Williams, emphasizing the convenience of a treatment in which all procedures, from initial workup to the actual therapy, are conducted in-office. "Many insurance companies now cover Vein Ablation because it has become so well-established as a safe and effective treatment for varicose veins. More astounding than the outpatient nature of Vein Ablation is that patients can literally walk home after the procedure."

To counteract the forces of gravity, veins have valves that prevent blood from flowing backwards as it is pumped back toward the heart. Over time, these valves can weaken, allowing the blood to pool inside the vein. This can cause the vein to distend, resulting in the "rope-like" appearance commonly associated with varicose veins. This condition can lead to a range of serious circulatory problems, including blood clots, leg ulcers and poor circulation.

"Varicose veins are a very common problem -- approximately 25% of women and 15% of men in the United States suffer from this condition," said Dr Williams. "Women are more prone to suffer from varicose veins because of pregnancy, and heredity has been shown to be a contributory factor as well. We are pleased to offer this new treatment that helps men and women improve their condition and overall health."

The Woodland Heights Vein Care Center is hosting a **FREE Varicose Vein Screening** on **Thursday, April 1, 2010**, from **4 pm to 7 pm**. This screening is free to the public, but you DO need an appointment. To reserve your spot, call **699-CARE**.

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About Woodland Heights Medical Center

Established in 1918, Woodland Heights Medical Center was Lufkin's first hospital. Now, nine decades later, Woodland Heights is recognized throughout Deep East Texas as the leading provider of high quality, innovative health care services. Accommodating a wide range of clinical specialties, Woodland Heights has achieved excellence in key medical and surgical areas including cardiology, pulmonology, neurology, orthopedic surgery, physical medicine/rehabilitation, vascular surgery and obstetrics and gynecology. Woodland Heights also offers a full range of outpatient diagnostic services including advanced imaging, laboratory, outpatient surgery and emergency services. Through its Rehabilitation Center, Woodland Heights offers cardiac rehabilitation, stroke recovery and physical and occupational rehabilitation. Combining modern facilities, leading technology, an exceptional staff and a commitment to the communities it serves, Woodland Heights Medical Center remains at the forefront of quality health care in Deep East Texas.