



For Immediate Release

New year, new lease on legs: 3 reasons to visit a vein specialist in 2013

January 9, 2013 (South Portland, ME) – At the start of a new year, many people schedule visits to their family doctor, dentist and other physicians, but who should plan to visit a vein doctor, and why? According to vein specialist [Dr. Cindy Asbjornsen](#) of the [Vein Healthcare Center](#), people often discount their bulging or uncomfortable veins because they've been told for years that such issues are cosmetic and not covered by insurance.

Today, [venous disease](#) and its accompanying symptoms— including, but not limited to, [varicose veins](#)— are recognized for the health issues they truly are. Improving one's quality of life also shouldn't be underestimated.

"My goal is to relieve symptoms and get rid of pain," said Dr. Asbjornsen, "But I also strive to help patients to return to a previous quality of life— or help them to achieve a quality of life they didn't realize they could have."

Here are just three reasons to consider an evaluation with an experienced, [board-certified phlebologist](#):

1. **You're embarrassed to show your legs** – Whether you have thick, ropy varicose veins, or spindly spider veins, there are modern, minimally invasive procedures to treat an array of vein disorders. While varicose veins can hinder confidence and the ability to participate fully in life's activities, venous disease is never simply cosmetic. It is a progressive disease that can lead to incapacitating symptoms, heightened pain, and intensified health concerns.
2. **Your legs often feel tired or heavy** – These are two of the most common (and early) symptoms of a vein problem. Intense leg fatigue at the end of the day is a sign. Heaviness is usually a result of mild swelling due to poor venous return (blood flow back up to the heart). These symptoms can be easily treated with compression stockings or other minimally invasive therapies.
3. **"Bad veins" run in the family** – Approximately 60% of people who have one first-degree relative with venous issues will also have issues. That statistic shoots to almost 90% if someone has two first-degree relatives with vein problems. Many bleeding and blood clotting disorders are also hereditary. If someone has a family history, s/he should be proactive about vein disease prevention and consider going to a vein specialist for a baseline evaluation.

Vein disease affects millions of people. It occurs when valves in the veins of the legs can't efficiently propel blood back up to the heart. It can cause pain, swelling, varicose veins, or worse. It's also chronic and progressive, and if left untreated, it can lead to serious medical complications.

Patients today can benefit from minimally invasive therapies that are virtually pain-free and have outstanding success rates, when performed by an experienced, board-certified vein specialist.

Dr. Cindy Asbjornsen is the founder of the Vein Healthcare Center, as well as the Maine Phlebology Association. Certified by the American Board of Phlebology, she cares for all levels of venous disease, including spider veins, varicose veins and venous ulcers. Dr. Asbjornsen is the only vein specialist in Maine to be named a Fellow by the American College of Phlebology. She is also the editorial director of Vein Health News, Maine's vein magazine for primary care physicians.

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