

Tools, Education & Resources for a Healthier You!

VASCULAR VITALITY

UNDERSTANDING
AND MANAGING
VENOUS DISEASE

HEALTHY LIFESTYLE
TIPS FOR VASCULAR
HEALTH

Dear Readers,

We believe that education is the key to better health, not only in treatment but in prevention and awareness. We have developed this publication as a tool for education with articles devoted to your vascular health, information about diseases that affect the vascular system and the latest in treatments. It is our hope that you will read this publication, save it for future reference, and share it with family and friends. Communication with your primary care provider is vital to maintaining the health of your vascular system. Risk factors such as tobacco use, high blood pressure, diabetes, high cholesterol and a family history of vascular disease can significantly increase your risk. Talk to your doctor about screenings for abdominal aortic aneurysm, carotid artery disease and peripheral vascular disease — these simple, non-invasive screenings can be lifesaving.

In good health,

Joseph V. Lombardi, MD, FACS

Professor & Head, Division of Vascular and
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Director, Acute Aortic Treatment Center

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Understanding and Managing Venous Disease

Venous disease, also known as venous insufficiency, affects millions of people, often going unnoticed until symptoms become severe. This condition occurs when the veins in your legs struggle to send blood back to your heart, causing blood to pool in your lower extremities. Symptoms can include leg pain, swelling, heaviness, and visible varicose or spider veins. Without treatment, venous disease can lead to serious complications such as skin ulcers and blood clots.

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Recognizing the Symptoms

Early detection of venous disease is crucial. Common symptoms to watch for include:

- Persistent leg pain or aching
- Swelling, particularly after prolonged standing or at the end of the day
- Heaviness or fatigue in the legs
- Itchy or dry skin over affected veins
- Visible varicose veins (twisted and bulging) or spider veins (small and red/purple)

Understanding the Risk Factors

Several factors can increase your risk of developing venous disease:

- **Age:** Risk increases with age.
- **Gender:** Women are more susceptible due to hormonal changes.
- **Family History:** Genetics can play a significant role.
- **Obesity:** Extra weight puts more pressure on your veins.
- **Lifestyle:** Prolonged standing or sitting and lack of physical activity contribute to the problem.

Prevention and Management

Managing venous disease involves both lifestyle changes and, in some cases, medical treatments. Here are some effective strategies:

- **Exercise Regularly:** Activities like walking, cycling, and swimming boost circulation and strengthen leg muscles.
- **Maintain a Healthy Weight:** Reducing excess weight can alleviate pressure on your veins.
- **Leg Elevation:** Elevating your legs above heart level for 15-20 minutes several times a day can reduce swelling.
- **Compression Stockings:** These improve blood flow by applying gentle pressure to your legs.

Medical Treatments

For some individuals, lifestyle changes may not suffice, and medical treatments become necessary:

- **Sclerotherapy:** Injecting a solution into affected veins to make them collapse and fade.
- **Laser Therapy:** Using laser light to close off and eliminate varicose and spider veins.
- **Minimally Invasive Surgery:** Procedures like endovenous laser treatment (EVLT) or radiofrequency ablation (RFA) seal off damaged veins.



When to Seek Help

If you experience persistent symptoms of venous disease, it's essential to seek medical advice. Early intervention can prevent complications and significantly improve your quality of life. Our healthcare team is dedicated to providing comprehensive evaluations and personalized treatment plans.

Don't let venous disease slow you down. Take proactive steps to maintain your vascular health and enjoy a better quality of life. For more information or to schedule an appointment, please contact our clinic. Together, we can ensure that your legs stay healthy and strong. •

VASCULAR HEALTH TIPS

Don't smoke or use tobacco

One of the best things you can do for your heart is to stop smoking. Even if you're not a smoker, be sure to stay away from secondhand smoke. Chemicals in tobacco can damage the heart and blood vessels. Cigarette smoke lowers the oxygen in the blood, which raises blood pressure and heart rate.



Get moving

Regular, daily physical activity can lower the risk of heart disease. Physical activity helps control your weight. It also lowers the chances of getting other conditions that may put a strain on the heart. These include high blood pressure, high cholesterol and type 2 diabetes.



Eat a heart-healthy diet

Having a diet rich in fruits, vegetables, and whole grains can significantly improve vascular health by reducing cholesterol levels and maintaining healthy blood pressure. Incorporating lean proteins and limiting intake of processed foods also play a crucial role in maintaining a healthy heart and vascular system.



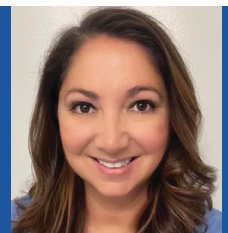
Get quality sleep

People who don't get enough sleep have a higher risk of obesity, high blood pressure, heart attack, diabetes and depression. Most adults need at least seven hours of sleep each night. Children usually need more. So, make sure you get enough rest by setting a sleep schedule.



Early detection and management of venous disease are crucial to prevent complications and improve quality of life. Our team provides comprehensive evaluations and personalized treatment plans to help you maintain your vascular health.”

Laurel H. Hastings, MD, FACS
Vascular and Endovascular Surgeon



Cooper Aortic Center

The Aortic Center at Cooper University Health Care is one of the region's top programs treating diseases and conditions that attack the body's arterial system.

Our team of vascular experts are internationally renowned leaders in the field, developing new treatments and technologies for superior patient care. As the region's leading academic health system, Cooper offers patients the latest new devices and access to groundbreaking clinical trials.

The Cooper Aortic Center provides state-of-the-art treatment for the following conditions:

- Complex aortic repair
- Abdominal aortic aneurysms (AAA)
- Arch aneurysms
- Thoracic aortic aneurysms (TAA)
- Thoracic aortic dissection (type A and type B)
- Iliac aneurysms

Aortic disease poses significant health risks because when an aneurysm or dissection bursts or tears, severe internal bleeding and shock can occur. Blood clots can also break off traveling to other organs in the body, cutting off oxygen and restricting blood flow, resulting in loss of life or limb.

South Jersey's Expert Aortic Team Saving Lives

Cooper Aortic Center is staffed by the only multidisciplinary team in southern New Jersey committed to the care and treatment of aortic disease. Patients of the Cooper Aortic Center have access to the region's best physicians and clinicians dedicated to providing expert care in a compassionate, patient-focused environment.

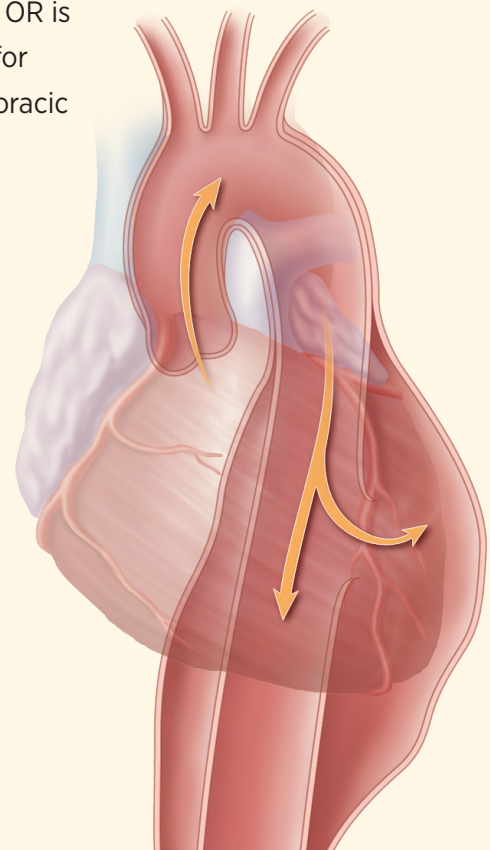
Cooper's vascular and cardiothoracic surgeons are leaders in the endovascular repair of aortic disease and are renowned for their ability to perform complex open surgical procedures. The physicians and staff of the Cooper Aortic Center work closely with each patient to identify the best treatment options for their disease and lifestyle.

Cooper's Vascular Diagnostic Centers - The Area's Most Advanced Vascular Labs

Cooper's Vascular Diagnostic Centers are conveniently located, staffed with registered vascular technologists, and offer fast and convenient scheduling. Vascular tests include:

- Peripheral arterial imaging
- Venous ultrasound
- Abdominal aortic evaluations
- Visceral vascular evaluations
- Cerebrovascular (extra/intracranial)
- Vein mapping (pre-op evaluation)

Aortic procedures are performed in Cooper's hybrid operating room (OR), a state-of-the-art surgical suite. Cooper's hybrid OR is designed specifically for vascular and cardiothoracic patients, combining cutting-edge surgical technology with the most sophisticated imaging capabilities.



Our Vascular Providers



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Cooper Vascular Surgery

Cooperhealth.org

800.8.COOPER (800.826.6737)

LOCATIONS

- Camden
- Egg Harbor Township
- Moorestown
- Sicklerville
- Voorhees
- Washington Township
- Willingboro
- Woodstown