

## OUR DIFFERENCE:

South Florida Vascular Associates specializes in image-guided, minimally invasive techniques that are often an alternative to traditional open surgery. Our highly specialized, board-certified physicians use state-of-the-art diagnostic technology that ensures high quality patient focused care. Patients are seen at one of our 3 locations for their consultation. If a procedure is ultimately recommended, it is performed in our 8,000 sq ft sophisticated office endovascular suites, one of the first of its kind in the country.

The minimally invasive approach allows patients to get the specialized vascular care they need without spending any time in the hospital. Minimally invasive vascular procedures also allow patients to recover faster and with considerably less discomfort than they'd have with traditional open surgery.

Our dedicated and knowledgeable staff offers the best care to each and every patient. We provide our patients with detailed information of the plan of care and are always available to answer any questions. At South Florida Vascular Associates we strive for excellence in patient care as the vascular experts in the community.

## MEET OUR PHYSICIAN



**William H. Julien, MD**

## OUR HISTORY

South Florida Vascular Associates boasts over a 20 year history of excellence in vascular care. Dr. William H. Julien established South Florida Vascular Associates in 2001 and became known as one of the first Interventional Radiologist to have an office-based clinical practice in the United States. In 2004, he opened his first office-based endovascular suite to create a novel outpatient environment for patients to undergo vascular procedures. The office-based model has proven to be a safe, efficient and personalized alternative to having procedures performed in the hospital.



## THREE CONVENIENT LOCATIONS:



### COCONUT CREEK

5300 W. Hillsboro Blvd., Suite 107  
Coconut Creek, FL 33073  
Phone: 954-725-4141  
Fax: 954-725-4318

### PLANTATION

350 N.W. 84th Ave., Suite 109  
Plantation, FL 33324  
Phone: 954-725-4141

### BOYNTON BEACH

7545 W. Boynton Beach Blvd., Suite 206  
Boynton Beach, FL 33437  
Phone: 561-752-5195

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## VENOUS INSUFFICIENCY



**William H. Julien, MD**

About 23% of adults have varicose veins today. At South Florida Vascular Associates the team of experienced varicose vein specialists offer cutting edge treatments at our state-of-the-art vascular suite to alleviate varicose veins and the associated symptoms of venous insufficiency.

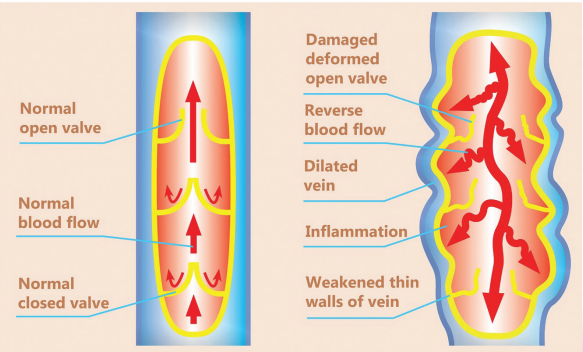
## VENOUS INSUFFICIENCY

### WHAT IS VENOUS INSUFFICIENCY:

Whereas arteries carry oxygen-rich blood away from the heart and into your tissues, veins carry deoxygenated blood from other parts of your body back to the heart. To help with this, your veins have small structures called valves that prevent blood from flowing backwards.

Over time, these valves can weaken, making it harder to return blood to the heart. Because of this, blood can pool up in peripheral veins of your body, particularly the legs, where blood has a long distance to flow back uphill to the heart this is known as venous insufficiency. This can cause a variety of issues, and thus it is important to have venous insufficiency addressed.

### STRUCTURE OF A HEALTHY VEIN AND AN INSUFFICIENT VEIN



### RISK FACTORS

- Advanced age
- History of blood clots, or varicose veins
- Obesity
- Hypertension
- Pregnancy
- Smoking
- Cancer
- Muscle weakness or leg injury
- Family history of venous insufficiency
- Sitting or standing for long periods

### SYMPTOMS:

The symptoms that present with venous insufficiency depend on how progressed the disease is, and so it is important to recognize them early and seek treatment:

- swelling of the legs or ankles (edema)
- pain that gets worse when you stand and gets better when you raise your legs
- leg cramps
- aching, throbbing, or a feeling of heaviness in your legs
- itchy legs
- thickening of the skin on your legs or ankles
- skin that is changing color, especially around the ankles
- leg ulcers
- varicose veins

### VENOUS INSUFFICIENCY



### HOW ARE VARICOSE VEINS TREATED?

South Florida Vascular Associates offers several minimally invasive procedures to treat varicose veins, including:

- Compression stockings
- Chemical ablation of the vein (sclerotherapy)
- Laser ablation of the vein (EVLT)

EVLT is an alternative to traditional surgery and is minimally invasive.

During this procedure, a local anesthetic is injected around the vein and the physician inserts a tiny catheter into the problematic vein using ultrasound to guide its entry. The energy from the laser then works to close the unhealthy refluxing vein and thus reduce the tension on the surface skin veins.

With the problematic vein permanently closed, the body then reroutes the blood to healthier veins returning the blood back to the heart. EVLT is a reliable and simple way to treat varicose veins without surgery.

### THE ADVANTAGES OF LASER VEIN TREATMENT INCLUDE:

- Treatment typically takes less than one hour
- Provides immediate relief
- Avoidance of general anesthesia
- Minimized recovery period and immediate return to normal activities
- No scarring or stitches
- Lower rate of complication
- Higher success rate and durability of the procedure relative to surgery

### SCLEROTHERAPY

Sclerotherapy involves an injection of a chemical irritant into the vein that closes it.

**The South Florida Vascular Associates team can explain the merits and potential disadvantages of each varicose vein treatment as it relates to your particular needs, goals, and lifestyle. They always make the time to answer questions and provide guidance, so don't hesitate to ask about anything you'd like to know.**



For more information, please visit [www.sfva.com](http://www.sfva.com)