

● Varicose Vein Breakthrough

Do you have varicose veins?

Emily Sabbatino's varicose veins not only made her embarrassed to show off her legs, but also left her in constant pain—and she dreaded undergoing surgery. Then she discovered a groundbreaking treatment that changed her life—in less than an hour!

Wincing in pain, Emily Sabbatino sat on the floor with her three-year-old son, watching him line up his toy cars.

“Go, Mommy, go!” Marco announced. But as the Queens, New York, mom leaned over to start the race, she gasped.

Since it was hot, Emily pulled her sweatpants up—she never showed her legs, not even wearing shorts at home because she was so embarrassed by the purple, ropy varicose veins up and down her legs. But they weren't only unsightly. They *hurt*—so badly it sometimes took Emily's breath away . . .

Emily was in her 20s when she first noticed dark veins inching along her legs. “They're hereditary,” her mom explained.

I feel so ugly! Emily cringed. So she practically lived in pants—even in summer when hanging

So every morning she'd tell herself: Just shake it off. But by the end of the school day, Emily was in agonizing pain, bolts of heat shooting up her legs like electrical currents.

Desperate for relief

Please,” her husband, Anthony, urged, “see a specialist.”

So Emily made an appointment with a vascular expert, who suggested saline injections.

It was a painstaking process: The doctor could only work on small sections of each vein at a time. Afterward, Emily's legs had to be wrapped for days, and for weeks, they looked bruised.

Still, it was worth it, Emily thought, when she had relief.

Then Emily discovered she was expecting. “Our *son*,” she whispered to Anthony when tiny Marco came into the world. But while her legs hardly bothered her during the pregnancy, afterward, Emily began feeling a nagging discomfort.

“This isn't unusual,” Emily's doctor said. “Because increased progesterone levels contribute to varicose veins, women may experience more symptoms during or after pregnancy.”

I can't go through this again! Emily panicked.

There was no more biking with Anthony. Her legs hurt so much, she had to stop working out. And now, as Marco asked, “Mommy play?” it broke Emily's heart that she could barely even do *that*.

So Emily found herself back in a specialist's office, ready to undergo saline injections again. But her insurance no longer covered the treatment, and she couldn't afford it herself.



There was one other solution. Called vein stripping, it was the traditional surgical removal of varicose veins. But it required a lengthy hospital stay. I'd have to take time off for who knows how long, Emily realized. And I have a toddler and Mom and Dad to take care of!

Still, Emily sighed, what if it's my only choice?

No more varicose veins!

So Emily awaited her surgery date. And then one morning, something on television made her ears perk up.

Emily watched in amazement as a woman on TV raved about how she'd had a varicose-vein procedure on her lunch hour and walked out, pain-free.

Called ClosureFAST, the minimally invasive technique—performed by New York University surgeon Mark Adelman, M.D.—used radio waves to make varicose veins disappear . . . in minutes!

Emily jotted down the number on the screen. But the woman on the other end of the line said, “I'm sorry. Dr. Adelman's booked for months.”

I knew it sounded too good to be true, Emily sighed.

Hearing the pain in her voice, the woman's heart went out to Emily. “Let me see what I can do,” she said . . . and squeezed her in!

“Thank you!” Emily said.

And when Emily learned that ClosureFAST had a 98% success rate, she was even more excited.

Maybe this will finally be the miracle I need, she thought.

Soon, with Emily under local anesthesia, Dr. Adelman made a tiny incision and threaded a catheter into each of her varicose veins. Then, using an electrode similar to the kind that makes microwaves heat food up quickly, Dr. Adelman applied radio waves in 20-second intervals to each vessel, causing the collagen within the vein walls to collapse.

The whole procedure took less than 40 minutes. “And healthy veins around each closed vein will take over normal blood flow, even preventing future varicose veins,” Dr. Adelman promised.

Amazed, Emily was able to get up and go home almost immediately, feeling so good that she and Anthony actually went out to dinner that night!

For about a week, Emily had to wear compression stockings. But her pain was gone. And within days, her legs began looking smoother, prettier . . . normal.

“I wish it were summer!” she joked as she went on a shopping spree, buying some Bermuda shorts, dresses, even a bikini! And today—as more women all over the world are finding relief from varicose veins thanks to radiofrequency ablation (VNUS.com)—Emily splashes on the beach with Marco, comfortable at last with the way she looks *and* feels.

“I'm not self-conscious about my legs anymore,” she marvels. “But I don't only look better, I feel great—for the first time in just about forever! And that feels like a miracle!”

—Kristin Higson-Hughes

“We cannot direct the wind, but we can adjust the sails.”

—ANONYMOUS

out with friends on the beach.

By the time Emily became a teacher, the veins were more than just an eyesore. If she bumped her leg, she'd see stars. And her right leg—where the bulging was worse—ached constantly. But all she could do, doctors said, was prop her legs up.

How can I do that when I have to work? Emily sighed. And she had to help her elderly parents, shopping and cooking for them.

3 ways to beat varicose veins

1 Give your legs a break. Elevating your feet above your heart for 15 minutes, three to four times a day, can reduce blood pooling, a major cause of varicose veins.

2 Snack on these fruits. Deep-hued fruits like cherries, blackberries and blueberries are all loaded with anthocyanins, natural compounds that tone and strengthen vein walls.

3 Nix the control-top pantyhose. Experts think clothing that constricts the waist hinders circulation in the legs. Try compression stockings instead.



Emily found relief at the doctor's office, but these “cures” might work a miracle for you!