



Weill Cornell Vascular Comprehensive Vein Care



Weill Cornell Medical College

Weill Cornell Vascular Comprehensive Vein Care Practice provides comprehensive minimally invasive care for patients with all types of vein problems, including varicose and spider veins.

Founded in 1998, **Weill Cornell Vascular** has consistently been recognized as one of the leading vein care centers in the world. The practice is a part of the Weill Cornell Medical College and their physicians are all full time faculty in the College and at the New York Presbyterian Hospital. The physicians are committed to personalized care and are known for outstanding clinical results and patient satisfaction.

State of the art diagnostic and treatment

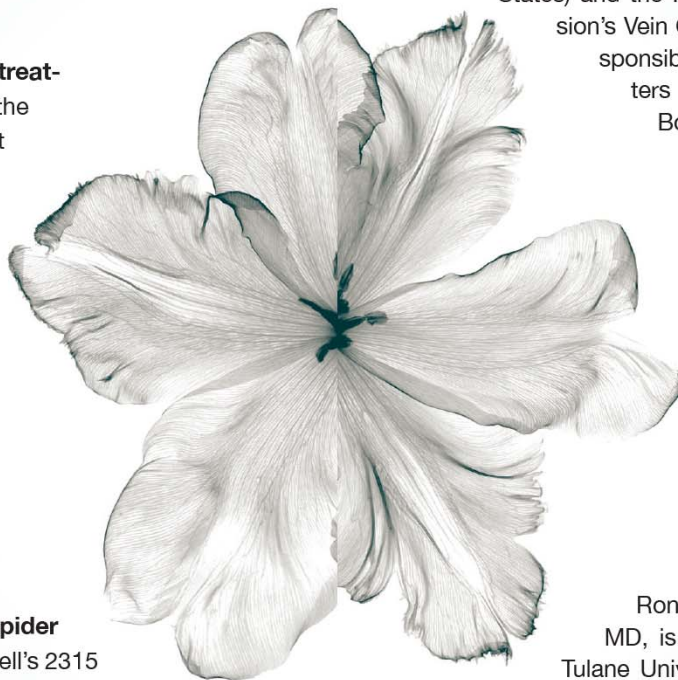
procedures are utilized in the appropriate combinations to get the best results while minimizing side effects and down time.

Endovenous Laser Ablation (also known as EVLT) was developed here and has internationally become the most commonly used approach to treat patients with varicose veins. The physicians at Weill Cornell Vascular have the longest experience using this technique in the world.

Treatments for varicose and spider

veins are performed at Weill Cornell's 2315 Broadway office at 84th Street in specially designed treatment rooms which are comfortable, bright and airy.

Where you go first for your care has a significant impact on the outcome of your condition. Weill Cornell Vascular has a long history of success and is dedicated to making sure that you get the correct diagnosis and the safest and most effective minimally invasive treatments that are available.



FACULTY

Dr. Khilnani



Dr. Khilnani has been exclusively caring for patients with venous disorders for over a decade. He has published extensively, is a frequent speaker at national meetings and a leader in several medical societies dedicated to research and education of venous disorders. He is currently on the Executive Committees of the American College of Phlebology (the largest organization of vein care professionals in the United States) and the Intersocietal Accreditation Commission's Vein Center Division (the organization responsible for accreditation of all vein centers in the United States.) He is ABMS Board Certified in Radiology and Vascular and Interventional Radiology and a Diplomate of the American Board of Vascular and Lymphatic Medicine. He graduated from Princeton University with a degree in Bioengineering and received his MD from The Mount Sinai School of Medicine. He did his residency and fellowship training at the New York Presbyterian Hospital-Columbia University Medical Center.

Dr. Winokur



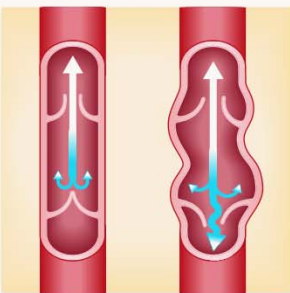
Ronald S. Winokur, MD, is a graduate of Tulane University, earning a B.S. degree in biomedical engineering. Dr. Winokur earned his M.D. degree from Jefferson Medical College of Thomas Jefferson University. He completed a residency in diagnostic radiology at Thomas Jefferson University Hospital, where he served as Chief Resident in his final year. Dr. Winokur completed a fellowship in Vascular and Interventional Radiology at New York-Presbyterian Hospital-Weill Cornell Medical Center and Memorial Sloan Kettering Cancer Center. He is currently an Assistant Professor at Weill Cornell Medical College and an Attending at New York Presbyterian Hospital, Weill Cornell Medical Center and the most recent addition to The Weill Cornell Vascular Team.



Lower Extremity Venous Disorders

Problems with leg veins are among the most common medical conditions in Western societies. It is estimated that about 80 million people in the US have varicose and spider veins. Whether you are interested in relief from symptoms associated with leg vein problems or are hoping for an aesthetic improvement, the following information should help you understand the conditions and the currently available treatments.

What Are Varicose and Spider Veins



Veins are blood vessels that return blood back to the heart from all parts of the body. A major challenge for leg veins is that the blood in the legs needs to get back to the heart against the force of gravity when standing. In this position, blood is pumped upward by calf muscle contractions when you walk. The leg veins have one-way valves to keep blood moving upward. When faulty valves do

not close properly, they allow blood to flow backwards in the veins when the calf muscle relaxes and cause blood to pool in the veins of the lower leg. This pooling leads to increased pressure within the veins which over time causes them to dilate and elongate. Dilated and elongated veins in the skin are known as telangiectasia (or spider veins) and dilated elongated veins below the skin are known as varicose veins. Spider veins appear as small diameter red, purple or bluish web like veins. Varicose veins are larger deeper veins that can protrude resulting in a rope-like appearance.

PROCEDURES

Conservative Therapy

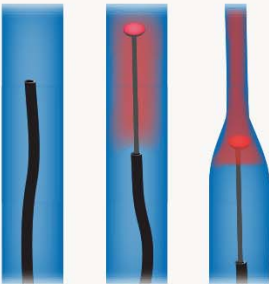
The simplest treatment for vein related symptoms is a graduated compression stocking. Although the stockings will not rid your legs of existing varicose and spider veins, the symptoms associated with vein problems can be greatly improved. Avoiding long periods of sitting and standing, increasing the amount of walking and exercise that are done daily and keeping your weight as close to ideal as possible are additional things to help minimize the effects of varicose and spider veins.

This type of conservative treatment is well suited for women who are pregnant or for those who are unable to undergo medical therapy due to advanced age or illness.

Unfortunately, support stockings, frequent walking and weight loss do not always eliminate quality of life affecting symptoms. If you fall into this category, other forms of treatment, described below, are available to improve both the cosmetic appearance of your legs as well as alleviate associated symptoms.



Endovenous Laser Treatment (EVLT)



Endovenous laser treatment, (EVLT), also known as Endovenous laser ablation (ELA), is a minimally invasive technique to eliminate varicose veins. This procedure was developed by physicians at Weill Cornell Vascular who have performed EVLT longer than any other physicians in the world. The procedure is performed in the office with

only local anesthetic, with little to no pain or scarring and a short recovery period. The laser is inserted through a small IV and seals closed the vein that causes the varicose veins. The procedure takes about 1 hour and patients are instructed to immediately walk and resume most of their usual activities.

Microphlebectomy

Ambulatory phlebectomy, also known as microphlebectomy is a minor procedure that can be used to eliminate larger varicose veins. This procedure is performed in the office using only a local anesthetic. The veins are removed through tiny skin nicks and can be done at the same time EVLT. No stitches are necessary, the scars are barely visible and patients are extremely satisfied with the aesthetic outcomes. The procedure takes about 1 hour and patients are instructed to immediately walk and resume most of their usual activities.

Sclerotherapy

Sclerotherapy is performed as an in-office procedure to eliminate spider veins and small to medium size varicose veins. Injections with needles smaller than those used for flu-shots are performed directly into the abnormal veins. Following this 15-20 minute treatment, the patient can resume nearly all activities. A support stocking is worn during the daytime for a few days after the procedure which aids in the closure of the veins.

Before Treatment



After EVLT and Sclerotherapy



Before Treatment



After EVLT and Microphlebectomy



Before Treatment



After Sclerotherapy





CONTACT

Our physicians are all full time faculty at the Weill Cornell Medical College and the New York Presbyterian Hospital. Our medical center has been consistently ranked as the Best Hospital in NY Metropolitan area and one of the top 10 in the United States by the US News and World Report.

Weill Cornell Vascular Comprehensive Vein Care Practice

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(86th St. and Broadway stop)**

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