



**Health & Wellness Seminar
Spider & Varicose Veins
Thursday, June 28, 2012 from 2:30pm—3:30pm
City Hall—Council Chambers
Speakers: John G. Orfanos, M.D. &
Carlos Garcia-Cantu, M.D.**

Vein Disorders : The Most common forms are spider and varicose veins.

Spider veins: Small blue or red vessels visible within the skin, usually on the leg, face, neck or chest area. Spider veins often occur in conjunction with varicose veins due to increased venous pressure. They also develop on their own due to an increased number of shunts, or microscopic short-cuts, connecting the venous and arterial systems.

Varicose veins: Dilated and ropy appearing blue vessels visible under the skin, often 1/4 inch or larger in diameter. Varicose veins typically cause pain, fatigue and swelling and sometimes even more serious complications. Varicose veins are a progressive disease that can eventually lead to ankle swelling, pigmentation, ulceration, bleeding, and advanced Chronic Venous Insufficiency (CVI). It is important to seek medical treatment early in order to stop the natural progression of this disease, and reduce symptoms to achieve the best possible cosmetic results.

Causes: While no one knows what causes varicose and spider veins, we do know that a number of factors can increase the likelihood of developing leg vein problems. We also know that the primary factor contributing to the development of varicose and spider veins is heredity or the genetic predisposition to weak vein walls and vein valves resulting in leg vein problems.

Treatment:

- Conservative Treatment
- Sclerotherapy
- Laser Treatment

**Presented by: South Texas Vein Institute
For more information, join us on Thursday, June 28th!**

The Human Resources Department will be hosting health and wellness training seminars each month. Employees will receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing rpalomo@missiontexas.us.

Our mission is to promote health awareness and to encourage healthy lifestyles.

Questions? Contact the Human Resources Department at 956-580-8630.