



## COMMON QUESTIONS

### 1 Who is affected by varicose veins?

Varicose veins affect over half of American adults. Women are at highest risk, though about a quarter of adult men also have them. Typically found in the legs, varicose veins are ropey bulges under the skin, often as large or larger around than a pencil. Heredity, pregnancy, age, prolonged standing or sitting, obesity, hormone levels, and physical trauma can all contribute to their development.

### 2 What are the symptoms and health implications?

People with varicose veins might experience pain, heaviness, fatigue, swelling, burning, itching, throbbing, tenderness, and restlessness in their legs. Left untreated, varicose veins can worsen over time and lead to chronic and serious health problems including inflammation (phlebitis), blood clots, tissue loss, bleeding, and skin disorders such as sores and eczema.

### 3 What causes varicose veins?

Large arteries carry blood from your heart to your arms and legs, then smaller veins return blood to the heart to be recirculated. Small, one-way valves in the veins allow blood to flow upward toward the heart, but close to prevent blood from flowing back down. When these valves fail, blood pools in the veins (a phenomenon known as "reflux"), causing them to enlarge and become varicose. In other words, when the valves fail, gravity wins.

### 4 How can you prevent varicose veins?

You can be proactive in keeping your legs healthy and reducing your risk for varicose veins by following a few simple guidelines: get regular exercise (hiking and biking are great choices), avoid sitting or standing for prolonged periods of time without a break, and control your weight.

### 5 Who might not be a good candidate for treatment?

Patients should wait at least three months after pregnancy or major surgery before undergoing your recommended procedure. People with deep vein thrombosis (clotting) or serious vein malfunction beyond varicosity, or individuals who are not ambulatory may not be good candidates for our EVLT or VNUS. All cases are unique, however, RMVC recommends scheduling an individual consultation with Dr. Bo Johnson, MD, FACS.



Visit [www.rockymountainveinclinic.com](http://www.rockymountainveinclinic.com) for additional information on Rocky Mountain Vein Clinic and to learn more about EVLT (video) and VNUS (video) procedures. The site also contains information about varicose veins, descriptions of various vein treatments, and outline of what to expect during your treatment, and links to other sites where you can find additional resources.

Rocky Mountain  
**Vein  
Clinic**



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# Pretty, Painless.

*Say goodbye to painful, bulging, and unsightly varicose veins, with advanced, state-of-the-art laser treatment at Rocky Mountain Vein Clinic.*

Rocky Mountain  
**Vein  
Clinic**



## ABOUT DR. JOHNSON

Dr. James L. "Bo" Johnson II, MD, FACS, founder of the Rocky Mountain Vein Clinic, is a board-certified general surgeon. He began doing Endovenous Laser Therapy in 2004, and has successfully performed hundreds of the procedures. Dr. Johnson, a third-generation physician, is known for his dedicated and compassionate care of patients and his medical professionalism.

He is a Diplomate of the American Board of Surgery, Fellow of the Medical College of Surgeons, and member of the American College of Phlebology. Along with his work at the Rocky Mountain Vein Clinic, Dr. Johnson continues to practice general surgery and serve patients in his home town of Cody, Wyoming. Dr. Johnson and his wife Deborah, a pharmacist, have four children.

Dr. Johnson has chosen to specialize in vein care because of his desire to bring important new medical advances, like Endovenous Laser Therapy (EVLT), to people suffering from varicose veins. Dr. Johnson is also committed to a completely new way of delivering vein care treatment—in a comfortable, stress free, convenient environment in which you are treated as a person and valued patient.

### Rocky Mountain Vein Clinic: Experience the Difference

At Rocky Mountain Vein Clinic our goal is to provide you with the best and most comprehensive vein care available, while ensuring your comfort and earning your trust. We offer the most advanced state-of-the-art equipment: from the ergonomic procedure table, to laser, radiofrequency and ultrasound technologies. We're dedicated to providing you with virtually painless and effective vein treatment, in an innovative environment designed with your comfort and well-being in mind.

The state-of-the-art Rocky Mountain Vein Clinic uses non-surgical minimally invasive methods known as Endovenous Laser Therapy (EVLT) or RF-Radiofrequency (VNUS) Closure® to treat varicose veins. Both procedures are performed by our Board Certified General Surgeons and are almost always covered by your insurance.

Completed in our office, these treatments that take less than two hours, are virtually painless, and provide immediate relief from leg discomfort, swelling and unsightly bulging veins. You walk out ready and able to resume normal activities.

The clinic also performs Standard Sclerotherapy to eliminate spider veins, as well as a revolutionary new treatment called Ultrasound Guided Foam Sclerotherapy; targeting the deeper vein which is feeding the spider veins. Microphlebectomy is offered as well, often in conjunction with EVLT or VNUS treatments.

### Out with the old

Until recently, the most common treatment for varicose veins involved a surgery called "ligation and stripping," in which the affected vein was completely removed from the leg. This surgery can be very painful, often involves a long recovery time, is performed in a hospital under general anesthesia, and leaves scarring. And after all that, the recurrence rate is a hefty 10 to 25 percent.

### In with the new

There are now two very innovative treatments for varicose veins: Endovenous Laser Therapy (EVLT) and RF-Radiofrequency (VNUS) Closure®. Both procedures radically changed and improved the treatment options for varicose veins. In both cases, the doctor inserts a delicate laser fiber into a tiny puncture in the thigh. Then, guided by ultrasound, positions the fiber in the faulty vein and delivers either laser or radiofrequency heat energy to seal it. The fiber is then removed, and you're done. Treated veins slump and soon disintegrate. Your body naturally reroutes blood through one of the many other healthy veins in your leg, which significantly improves circulation, relieves leg pain – swelling, and improves the appearance of your legs.

### Key benefits of the new procedures – EVLT or VNUS

- Procedures are available in the specialized comfort and convenience of the Rocky Mountain Vein Clinic.
- No hospitalization – out patient and in-office treatment
- No general anesthesia
- Minimal to no scarring
- Treatment takes less than two hours
- Swift recovery with little or minimal pain
- Immediate visual results and relief of symptoms
- Success rates of 95 to 98 percent
- Affordable and covered by insurance in most cases

### Key benefits of trusting your care and treatment to RMVC

- Your procedure is performed by Dr. Bo Johnson, a board certified surgeon and vascular specialist.
- RMVC is the only comprehensive vein care clinic in the region.
- We offer the broadest and most advanced procedures available today.
- Dr. Johnson is available to answer questions and address concerns before and after treatment.
- Clinic staff is highly trained, professional, helpful and respectful.
- The clinic is conveniently located and accessible.
- You receive personalized service, and experience honest concern for your well-being.
- Your treatment includes thorough pre-treatment evaluation, consultation and post-treatment follow-up exams.
- Dr. Johnson and his staff teach you how to develop good habits for long-term leg health.
- Staff will assist you in determining your eligibility for coverage and in filing insurance claims.
- We treat all your personal information with the utmost security and confidentiality.

