



REGAIN BODY CONFIDENCE: TREATING VARICOSE VEINS

Had enough of hiding your leg veins during the summer? Benenden Hospital can help

If you've spent this summer avoiding baring your legs due to unsightly varicose veins, take comfort in the fact that you're not alone. This common condition affects around a third of the UK population, and the warmer months can bring a raft of problems for sufferers, not limited to the cosmetic aspect of having your legs 'beach ready'.

Vein health and alleviating pain

Varicose veins occur when the delicate valves inside a vein become faulty and are blocked. Usually found in the legs or feet just below the surface layer of the skin, they can cause unsightly and uncomfortable bulges.

Higher temperatures make all veins dilate, particularly on the surface of the skin. This is part of our body's natural temperature regulation, but as this process occurs, varicose veins can swell, intensifying any pain.

Although a family history of vein issues can play a part, pregnancy and being overweight can be contributing factors in developing weakened veins. Older women are susceptible, as are those with a job that involves long periods of standing.

If you are a sufferer, you may have tried to alleviate any pain through lying down, elevating your legs or experimenting with non-medical treatments such as compression stockings, which can feel uncomfortable when the temperature rises. These tips only offer

short term relief, so seeking out medical treatment is one of the only ways to resolve the issue long-term.

When to see your GP

See your GP if your varicose veins are causing you pain or discomfort, the skin over them is sore or the aching in your legs causes irritation at night. Your doctor may then refer you to a vascular specialist and for an ultrasound scan.

Regain your confidence

If you can't bear yet another summer of discomfort, sweltering in trousers or feeling embarrassed by your legs, why not regain that confidence and get in touch with an expert today?

Benenden Hospital, near Cranbrook, is the largest provider of veins treatment in England* and its consultant vascular surgeons have been at the forefront of innovative techniques in varicose vein surgery for more than 20 years. As a team, they pioneered the use of lasers in vein surgery and are frequently invited to speak at national and international venous conferences.

Fast access to minimally invasive treatment

Benenden Hospital offers minimally invasive Endovenous Laser Treatment (EVLT), a 30-minute walk in, walk out procedure without any major skin incisions. The CQC rated Outstanding private

hospital performs more than 1,000 of these operations per year.

Less painful than open surgery, EVLT allows for a faster recovery and return to normal life. It is performed under local anaesthetic but can also be performed under general anaesthetic - and you'll be able to go home the same day.

Get your smooth legs back

If your unattractive veins are eating away at your self-esteem, seek treatment today and stride into next summer with confidence.

If you need treatment, but don't want to wait, you can access EVLT quickly at Benenden Hospital as a self-pay patient without needing a GP referral.

For more information, complete an online enquiry form at benendenhospital.org.uk/contact-us/enquiry-form or call their private patient team on 01580 362879.



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