

25 Million

Americans suffer from
some form of Varicose Veins!

40% of
Women

25% of
Men

If left untreated, varicose veins could
lead to phlebitis, severe bleeding, sores
or skin ulcers!

Symptoms of Varicose Veins Include...

- Bulging, unsightly veins
- Pain (aching or cramping)
- Heaviness/tiredness
- Burning or tingling sensations
- Itching
- Swelling/throbbing
- Tender areas around the veins
- Restless leg syndrome

What Patients Are Saying...

Since I had the laser procedure done on both of my legs, I can work all day and my legs still feel great at the end of the day.

- Dee, Lima

It took me 23 plus years to decide to get this done. It took Dr. Malhotra one hour to fix it. Get it done. Get it over with, because you will thank yourself a thousand times over.

-Mel, Jackson Center

Vein Care Center

Healthy, Pain-Free Legs
for Men & Women

Bellefontaine

Ewing Crawfis Center
120 Dowell Avenue • Bellefontaine, Ohio 43311
866.472.4472

Celina

Community Medical Center
950 South Main Street • Celina, Ohio 45822
866.472.4472

Findlay

ServUS Center
2459 South Main Street
Findlay, Ohio 45840
419.422.5905 or 866.472.4472

Lima (Main Office)

Shawnee Crossing
2765 Ft. Amanda Road • Suite 200
Lima, Ohio 45805
419.227.4472

To Schedule an Appointment:

Toll Free 866.472.4472

www.yourveincarecenter.com



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Healthy, Pain-Free Legs
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Praveen K. Malhotra, M.D.
Vascular Interventional Radiologist

Rick D. Halker, RT(R)-(CV)

Jodi Croft RDMS, RVT, RT(R)

Nancy Lohr, Practice Business Manager

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What Are Varicose Veins?

Healthy veins carry blood to the heart. They act as one-way valves to prevent the blood from flowing backwards. If those one-way valves become weak and don't function properly, blood can leak back into the vein, collect there, and then become congested, causing the vein to enlarge (known as varicose veins). These enlarged veins can lead to a condition called venous insufficiency.

Spider veins are small varicose veins that have a bluish, web-like appearance. They are easily visible, are found just under the skin, and generally treated using sclerotherapy.

Risk Factors

HEREDITY is the number one contributing factor causing varicose and spider veins.

WOMEN are more likely to suffer from abnormal leg veins. Up to 50% of American women may be affected.

HORMONAL FACTORS, including puberty, pregnancy, menopause, the use of birth control pills, estrogen, and progesterone affect the disease.

PREGNANCY causes increases in hormone levels and blood volume, which in turn cause veins to enlarge. It is very common for pregnant women to develop varicose veins during the first trimester. In addition, the enlarged uterus causes increased pressure on the veins. Varicose veins due to pregnancy often improve within 3 months after delivery. However, with successive pregnancies, abnormal veins are more likely to remain.

OTHER FACTORS include aging, standing occupations, obesity and leg injury.

Treatment

The Vein Care Center proudly offers many services that help eliminate many problems associated with vein disorders. Our services can minimize or eliminate pain due to problem veins through state-of-the-art technology and modern medical procedures. We offer full-service procedures at all locations. Some of our services that are available include...

- Compression Therapy
- Endovenous Laser Therapy (eLase)
- Sclerotherapy
- Ambulatory Phlebectomy

Endovenous Laser Treatment (eLase) is a quick, no surgery, no scar, minimally invasive procedure that eliminates varicose veins at the source. A laser fiber is fired inside and along the length of the faulty vein. The laser energy damages the vein walls, shrinking them closed so that blood can no longer flow through.

- Outpatient/office procedure
- Performed under local anesthesia
- Resume normal activities within a few days
- Minimally invasive, no scarring
- Treatment takes about one hour
- Up to 98 percent success rate
- Covered by most insurance carriers, including Medicaid

Results

In clinical trials, laser treatment has proved to be 97% effective – an outstanding record of success. Therefore, you should experience no reoccurrence



in the veins that have been treated. Follow-up procedures may be desired to obtain optimal aesthetic results.

Who Are We?

Dr. Praveen K. Malhotra

Dr. Malhotra is a board certified, fellowship trained, vascular interventional radiologist exclusively treating veins since 2004. Dr. Malhotra has performed nearly 1,400 laser procedures in addition to sclerotherapy, phlebectomy and conservative therapy. In his free time, Dr. Malhotra enjoys watching the Buckeyes, playing tennis, traveling and spending time with his family.

Rick D. Halker RT(R)-(CV)

Rick is a registered radiologic and cardiovascular technologist. He is a graduate of Lima Technical College with an Associate Degree in Applied Science, and has attended numerous vascular interventional seminars. Rick has known and assisted Dr. Malhotra with vascular procedures since 1984, and has been working exclusively in the treatment of venous disease since 2004. When not working, Rick enjoys coaching basketball, following Ohio sports teams and spending time with his wife and 4 daughters.

Jodi Croft RT (R), RDMS, RVT

Jodi has 14 years of ultrasound experience, certified in abdomen, OB-GYN, small parts, breast and vascular ultrasound. After attending the Kettering College of Medical Arts in Dayton, she obtained an Associate Degree in Radiologic Sciences in 1993, and Associate Degree in Medical Sonography in 1994. Prior to joining the Vein Care Center, Jodi served as the vascular supervisor at an area hospital for seven years. Jodi's hobbies include running, skiing, serving as a 4-H advisor and chasing her kids!

Nancy Lohr, Business Practice Manager

Nancy has served as the Practice Business Manager since March of 2008. She brings to the practice her previous medical experience which includes 3 years managing a radiology practice, 5 years in hospital radiology administration, and one year with a group health insurance firm. A graduate of B.G.S.U. with a BS in Education, Nancy is also a licensed massage therapist. She spends most of her non-Vein Care Center time performing medical massage therapy in her business Paired Hands Massage, as well as bicycling and gardening.



Front row: Jayme Patterson, Dr. Praveen K. Malhotra, Linda Stringfield Back row: Kim Orians, Rick Halker, Jodi Croft, Nancy Lohr and Beth Leiendecker