

Advanced Vein Therapies

Jeffrey H. Miller, M.D.

Varicose veins aren't only unsightly; they usually cause great discomfort to those who suffer from them. At one time, the only option for the management of varicose veins was a painful surgical procedure known as stripping.

Today's state-of-the-art treatments, however, are virtually painless — and patients are walking around the same day.

"Varicose veins are a very common problem, and not just cosmetic. Most of my patients with varicose veins also have symptoms such as aching, pain, fatigue or heaviness, and swelling, which usually gets worse as the day progresses," says Dr. Jeffrey Miller, of Advanced Vein Therapies in Novi. "Other symptoms include restless legs, night cramps, and itching," he adds.

Varicose veins result from a condition known as venous insufficiency, which has been estimated to occur in at least 20 to 25 percent of adult women, and 10 to 15 percent of adult men. In some cases, if left untreated, venous insufficiency can lead to skin changes (including discoloration) that eventually result in ulcers and bleeding.

The good news, Dr. Miller says, is that because varicose veins are recognized as a medical condition, procedures to correct the problem are typically covered by most insurance plans. Spider veins, on the other hand, are usually considered cosmetic, Dr. Miller says — but an experienced practitioner can obtain excellent treatment results at a reasonable price.

Given the delicate nature of treating varicose and spider veins, it's especially important to have a doctor who is experienced in the most innovative

techniques. Just as you wouldn't consider hiring an electrician to do your home plumbing, you should carefully choose the right type of specialist to fix your "vein plumbing."

Dr. Miller and his staff specialize in the treatment of venous diseases, which sets them apart from other clinics that offer vein therapies as a sideline. "We're a dedicated vein treatment center — it's what we do 100 percent of the time," he says.

Dr. Miller calls venous disease an underdiagnosed and undertreated condition. People sometimes avoid seeing a doctor about their varicose veins because they're not aware of the fact that procedures have improved so much since the outdated stripping procedure, which meant a lengthy hospital stay and a painful recovery. Current therapies entail only brief, virtually painless office-based procedures. Patients are up and walking immediately and there's no significant downtime.

Dr. Miller uses a procedure known as endovenous laser ablation, which treats the underlying cause of varicose veins — most often a "leaky" saphenous vein (located in the thigh or calf), which allows blood to flow the wrong direction. Under ultrasound guidance, an FDA-approved laser fiber is inserted into the affected vein. The laser fiber emits energy, causing damage to the vein wall. This damage causes the vein to close down (ablation).

Dr. Miller is a board-certified interventional radiologist, a medical specialty that utilizes cutting-edge technology and imaging to guide a variety of procedures, including endovenous laser ablation. In fact, adds Dr. Miller, "the endovenous laser was pioneered by an interventional radiologist." Additionally, being an imaging expert allows Dr. Miller to both provide and interpret diagnostic ultrasounds right in the office.

Dr. Miller says patients should be aware not only of whether or not their physician is a specialist in vein disorders, but they should also find out what type of laser the doctor uses. "Not all lasers are created equal. Some lasers on the market cause excessive heat within the vein, which eventually causes more bruising. Newer, state-of-the-art laser systems avoid the high temperatures and therefore cause much less bruising," Dr. Miller explains.

Dr. Miller founded Advanced Vein Therapies after working in a hospital setting for many years. One of the advantages of his well-organized, office-based practice has been having the time to get to know his patients, along with handpicking his excellent staff, who blend professionalism and an upbeat, friendly attitude. "I never got to experience this level of patient satisfaction



in the hospital," Dr. Miller says.

Testimonials from patients bear that out. Some comments include:

"I didn't realize how much the pain and ugliness ruled my life until after my procedure. And then, one day, at the end of the day, instead of needing to have my feet elevated to relieve the pain, I was sitting with my legs crossed, pain-free." — Dana, Wayne, Mich.

"Dr. Miller and his staff exceed standards of professionalism. I would refer his expertise to anyone." — Patti W.

"The procedures to fix my varicose veins were really painless. Every person at Advanced Vein Therapies was so nice, friendly, and kind, that I actually had fun getting my veins treated. They were like family. I kind of wish I had another leg to get treated." — Sue, Northville, Mich.

In addition to raves from his patients, Dr. Miller was named one of Hour Detroit magazine's "Top Docs" in 2006. During his more than 13 years of experience, he has received numerous honors and professional awards, and has given hundreds of lectures—including speaking at national meetings.

For more information, visit the Advanced Vein Therapies Web site, www.avtherapies.com, or call 248-344-9110.



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