

The Arrival of Newborns and Venous Insufficiency

This summer, hundreds of thousands of mothers will be welcoming their newborns into the world, but they may also be welcoming a case of venous insufficiency as well. According to Dr. Steven Kaufman, leading vein care specialist and owner of Total Vein Care in Northern Colorado, says that an increase in pregnancies is one of the leading causes of venous insufficiency.

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It's the beginning of April, just months before the busiest season of the year for newborn babies to arrive, according to records kept by the Center for Disease Control and Prevention. As many moms are getting ready for their newborns' arrival, part of the preparation process should include a consultation with a vein care specialist.

Having multiple pregnancies increases the risk of developing venous disease...but why? According to Dr. Steven Kaufman, general surgeon and owner of Total Vein Care in Northern Colorado, "pregnancy is accompanied by extreme hormonal shifts that lead to increased pressure and weight on the vascular system, thereby increasing the risk of developing venous insufficiency." Although genetics is the leading cause of venous insufficiency, those who have had multiple pregnancies are at higher risk, especially if it runs in the family.

Most surgeons will not treat venous insufficiency during pregnancy or immediately after birth. "I [Dr. Kaufman] like to conduct a free preliminary screening during the third trimester to assess if treatment will be necessary after pregnancy. If it appears that treatment is needed, I like to wait at least three to six months after the birth to let hormones normalize so I know exactly what treatment is needed." Not every expecting mother will experience venous insufficiency, but many do; the good news is that it can be caught early and treated quickly.

Dr. Kaufman is the founder of Total Vein Care, which is located at 1136 E Stuart Street, Suite 4102 Fort Collins, CO 80525. Dr. Kaufman can be contacted at 970-498-8346. Although Total Vein Care is based in Fort Collins, they are committed to treating patients all over Colorado and beyond. For more information about the practice and vein care issues, contact Paula Figgs or visit <http://www.totalvein.net>.

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