

JULY 2013

Triangle Vein Clinic

*Serving the Greater Raleigh Area
for More Than 20 Years*

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COVER PHOTO: From left, Lemuel G. Yerby, M.D.; Victor A. Medina, M.D., F.A.C.S.; and David Z. Zeiler, M.D., of the Triangle Vein Center/Triangle Surgical Associates.

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Triangle Vein Clinic

Serving the Greater Raleigh Area for More Than 20 Years

In 1991, vascular surgeon Victor A. Medina, M.D., F.A.C.S., brought to life his vision for a unique medical practice solely devoted to the treatment of venous disease. It was the first of its kind in the Triangle, and more than 20 years later Triangle Vein Clinic and Dr. Medina are nationally rec-

ognized as a leader in the comprehensive treatment of venous disease.

Triangle Vein Clinic is also a part of Triangle Surgical Associates – a general surgery practice that’s been offering a comprehensive range of surgical services to the Tri-

angle area for more than 20 years.

Venous Disease: It’s Not Just a Cosmetic Problem

When asked how he’s been able to sustain such a busy practice for the last 22 years, Dr. Medina explains that venous disease is twice as common as coronary heart disease and five times more common than peripheral arterial disease. Although a large portion of the population will suffer from some sort of vein disorder in their lifetime, the challenge comes in properly identifying those with the condition.

“It’s easy to diagnose a patient who has protruding varicose veins, but oftentimes the disease is manifested by a greater number of smaller veins that can’t be diagnosed at first glance,” says Dr. Medina.

Patients with venous disease who do not display protruding veins are sometimes misdiagnosed or their symptoms are ignored and remain untreated. In fact, more than 30 million people are undiagnosed with varicose veins, or chronic venous insufficiency (CVI)¹.

Chronically untreated varicose veins associated with recurrent bouts of phlebitis may lead to irreversible leg discoloration (browning), swelling and skin ulcers that are painful and difficult to heal. Varicose veins are therefore more than just a cosmetic problem. They are symptomatic



Dr. Medina positions the Venefit radio frequency catheter in the right greater saphenous vein.

manifestations of venous disease.

Keeping in mind that not all cases can be diagnosed by the naked eye, some symptoms to look out for include the sensation of fullness, tiredness and tenderness in the legs. According to Dr. Medina, patients need an ultrasound diagnosis to accurately identify venous insufficiency.

New Minimally Invasive Treatment Options

After Dr. Medina diagnoses the patient through ultrasound performed in office, he starts with conservative measures by having patients wear medical compression stockings for three months. If patients benefit from the compression stockings, then they most likely will benefit from a minimally invasive procedure. According to Dr. Medina, “Eighty percent of patients benefit from compression stockings and are therefore good candidates for a vein procedure that will give them permanent relief.”

Varicose veins are known to be unsightly, but they can also be debilitating for patients if left untreated. Triangle Vein Clinic offers a state-of-the-art minimally invasive procedure called Venefit (formerly known as VNUS Closure) that is effective and also allows for a quick and easy recovery – patients can return to normal activities within 24 hours.

Covered by most insurance, the Venefit procedure is the only minimally invasive ablation treatment that uses radiofrequency energy to contract the collagen in the diseased vein walls, causing them to collapse and seal. Once a leg vein is closed, blood flow is redirected to healthy veins.

When asked if Venefit is suitable for larger veins, Dr. Medina reports that “there has not been anyone I haven’t been able to treat with a minimally invasive procedure. Even the few patients who presented with large veins up to 33 millimeters in diameter were treated successfully with minimally invasive ablation.”

Dr. Medina has performed more than 5,000 Venefit procedures, which makes him more experienced than any vascular specialist in the Triangle. His practice is also a training center to teach vascular procedures to other providers. As the first in the area to offer an alternative to painful vein stripping, Dr. Medina constantly seeks the most advanced and effective treatments for patients.

Another minimally invasive procedure Dr. Medina offers is the VeinGogh System, which targets spider veins on the face, hands and legs. VeinGogh uses ohmic thermolysis – a state-of-the-art technology comprised of insulated micro probes that deliver high-frequency bursts of electrical energy directly into the vessels. This coagulates the blood and collapses the vessel wall while leaving the outer layers of the skin unaffected.



Dr. Medina displays the heating element of the Venefit radio frequency catheter.

Smaller veins that are cosmetic in nature are treated with sclerotherapy, which involves injecting a solution directly into the vein. The solution causes the veins to collapse and fade from view in about two to 12 weeks. According to Dr. Medina, the vein structure can be described as a tree, whereby the trunk is best treated with minimally invasive procedures while the smaller branches can simply be treated with injections.

A National Leader in Vein Care

Dr. Medina is a fellowship-trained vascular surgeon who received a specialized education in venous diseases after working at a vein clinic throughout his training. He completed his general surgery residency at Yale-New Haven Hospital and St. Mary’s Hospital in Connecticut and his fellowship in vascular surgery at St. Vincent Medical Center in Ohio.

During the last 20-plus years in practice, Dr. Medina has performed thousands of vein treatments and is one of the most experienced vein specialists in the country. His leadership in vein treatment has attracted the attention of several national magazines as well as the local CBS, ABC and NBC affiliates.



David Z. Zeiler, M.D., (left) and Lemuel G. Yerby, M.D., discuss an upcoming surgery.

Triangle Surgical Associates: Comprehensive Surgical Care

Triangle Vein Clinic is a part of Triangle Surgical Associates – a general surgery practice led by Lemuel G. Yerby III, M.D. and David Zeiler, M.D. Combined, the two surgeons share more than 50 years of experience treating a wide range of common surgical ailments. “We are a rarity. Most surgeons these days limit their practices to a particular specialty, but we really do it all,” says Dr. Zeiler.

Dr. Yerby adds, “We take care of 95 percent of common surgical diseases.”

Besides managing general surgical procedures, both traditionally and through minimally invasive techniques, the physicians at Triangle Surgical Associates also have a special interest in treating such conditions as breast disease, hernias and hemorrhoids.

Known as the Comprehensive Breast Clinic of the Triangle, the breast disease division of Triangle Surgical Associates was started by Dr. Yerby and provides advanced techniques in the treatment of all breast diseases (benign or malignant), as well as reconstruction and cosmesis. Complimentary clinical services include physical therapy, social services and support groups.

Another area of expertise for Triangle Surgical Associates is hernias. “It used to be that if a patient had a hernia then you’d take them to the operating room and just pull the tissue back together. However, often the hernia would just return,” says Dr. Zeiler. Hernias then become “complex” when repeated surgical attempts to close the hole in the abdominal wall fail. The likelihood of hernia repairs being successful diminish with each successive surgery.

To virtually eliminate the chance of reoccurrence for complex hernias, the surgeons use the component separation technique (CST). This entails cutting some of the fascial planes to get the tissue needed to pull the abdominal wall back together. It is then reinforced with a synthetic mesh material.

“This is a huge advance that has significantly reduced the reoccurrence of hernias. In fact, not one of my patients has come back to me with a recurrent hernia after this procedure,” says Dr. Zeiler.

The group also performs surgery for hemorrhoids – a condition that affects about half of the general population. For stage II to IV hemorrhoids, they use a technique called transanal hemorrhoidal dearterialization (THD). THD is a minimally invasive surgical approach to treating the source of hemorrhoids. It is less painful for patients because it doesn’t actually cut any tissue. “If you think of hemorrhoids like a water balloon, then what THD does is turn the faucet off on the water balloon by getting rid of the artery that feeds it,” says Dr. Zeiler.

Accessibility for Referring Doctors and Patients

Dr. Medina, Dr. Yerby and Dr. Zeiler all feel strongly that one of the main characteristics that sets their practices apart is that they are extremely accessible to both referring doctors and patients. “We don’t have an answering service,” says Dr. Yerby. “Patients and referring doctors are often taken aback by the fact that when they contact us after hours we answer their call directly. We think having an instantaneous connection to your surgeon is important.”

Depending on the need, the physicians are also willing to see referred patients on the same day.

To refer a patient to Triangle Vein Clinic or Triangle Surgical Associates, call (919) 851-5055. Triangle Vein Clinic and Triangle Surgical Associates are located at 115 Crescent Commons Drive in Cary. To learn more, visit www.trianglesurgical.com or www.triangleveinclinic.com.

Reference

¹ *Gloviczki P, et al. The care of patients with varicose veins and associated chronic diseases: clinical practice guidelines of the Society for Vascular Surgery and the American Venous Forum. JVS; May 2011.*