

VIP Medical Group: The authority in venous disease

Varicose and spider veins afflict thousands of New Jersey residents each year. Seeking treatment from a team of skilled specialists is critical to addressing issues before they escalate into life-threatening conditions.

By **NANCY PARELLO**

June 8th 2018

They're unsightly, sometimes painful and can be a sign of more serious problems below the surface — issues that can lead to chronic health conditions.

Varicose and spider veins afflict thousands of New Jersey residents each year. Seeking treatment from a team of skilled specialists is critical to addressing issues before they escalate into life-threatening conditions, said Dr. Faisal Siddiqi, a cardiac electrophysiologist and vein specialist at the [Vein Treatment Clinic](#).

Part of the national [VIP Medical Group](#), the practice offers board-certified, Ivy league-trained physicians specializing in vein treatment. Using advanced technology and teams of specialists, the practice provides a full spectrum of treatment to patients suffering from leg and foot pain, Dr. Siddiqi said.

“What makes our clinic unique is not only do we offer dedicated, trained vein specialists, we have many other specialists on staff,” he said, noting that issues related to veins are not always vascular in nature.

“If, for example, a patient comes to us for leg pain, the issue might be more skeletal or related to the foot, so they would see the appropriate specialist on staff.”

Pain management specialists also are on hand to address pain for any condition.

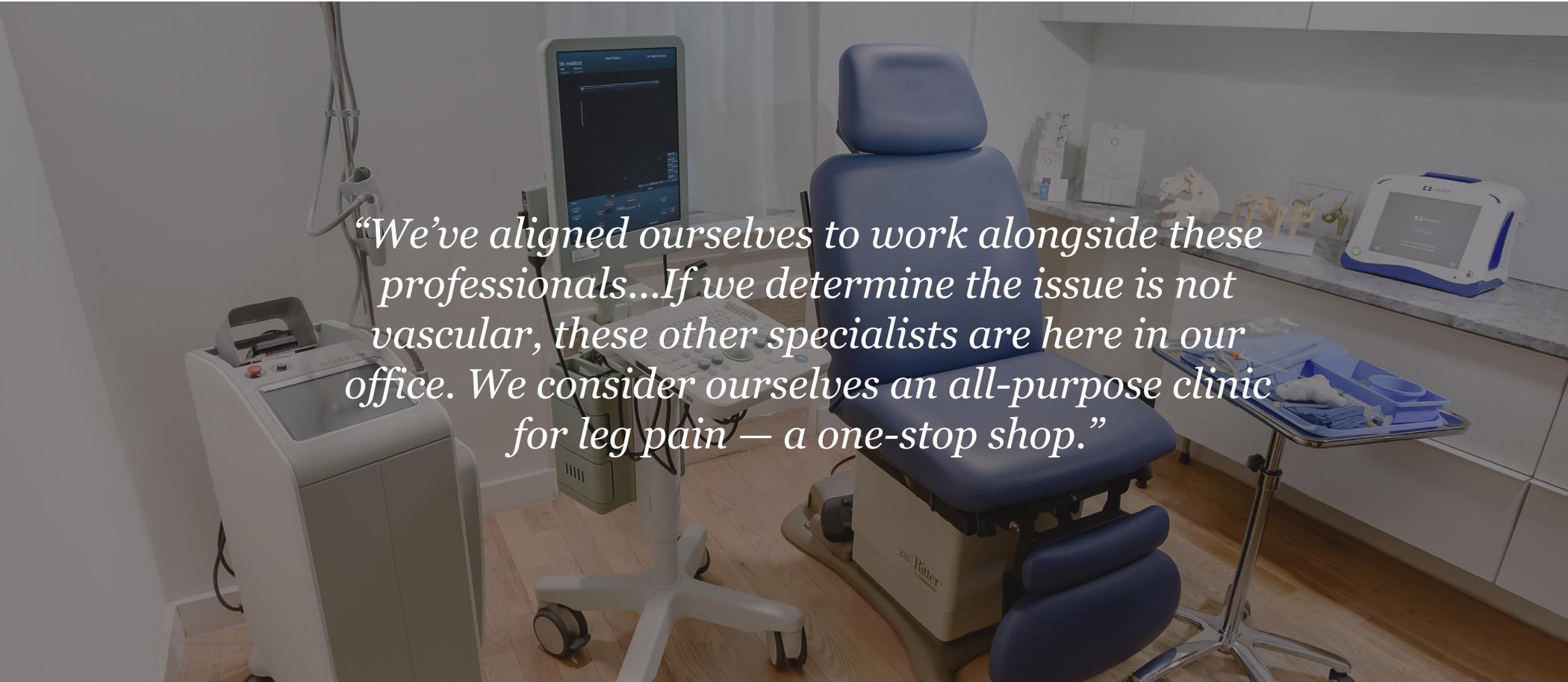
“We’ve aligned ourselves to work alongside these professionals,” Dr. Siddiqi said. “If we determine the issue is not vascular, these other specialists are here in our office. We consider ourselves an all-purpose clinic for leg pain — a one-stop shop.”



Dr. Faisal Siddiqi

The Spider and Varicose Vein Treatment Clinic maintains offices in Wayne, Clifton, Paramus and Hackensack, with plans to open locations in Point Pleasant and Princeton this summer. As part of its affiliation with the VIP Medical Group, patients also can access treatment in other states, including Florida and California.

The practice prides itself on staying abreast of the very latest technology to provide patients with minimally invasive procedures and little to no downtime.



“We’ve aligned ourselves to work alongside these professionals...If we determine the issue is not vascular, these other specialists are here in our office. We consider ourselves an all-purpose clinic for leg pain – a one-stop shop.”



“We are always incorporating the latest technologies into our practice,” said Dr. Siddiqi, who was voted a top doctor last year by the national physician-scoring organization Castle Connolly. “Our doctors attend regular continuing medical education to familiarize themselves with the most advanced treatments available.”

Before any treatments are administered, however, the practice’s doctors spend time understanding a patient’s concerns, symptoms and condition to determine the cause and develop an individual treatment plan.

Patients may come to the vein clinic complaining of varicose or spider veins for purely cosmetic reasons, while others may be experiencing leg pain, heaviness in the legs, fatigue, restless leg or other afflictions of the lower extremities, with no sign of varicose veins.

For some patients, the issues are purely cosmetic. For others, the symptoms may point to more serious issues with the veins’ functioning.

“When patients come in complaining of varicose or spider veins because of cosmetic reasons, we still want to look and see whether there is a cause,” Dr. Siddiqi said, likening this condition to a wall with water stains that may be caused by a leaky pipe behind the wall.

“You can paint the wall, but the stains will keep coming back until you fix the problem,” he explained.

A non-invasive ultrasound is used to accurately diagnose each patient’s condition.



For patients whose issues are purely cosmetic, tiny injections are used on the small vessels to essentially dissolve the damaged veins, eliminating spider and varicose veins. This is known as sclerotherapy, Dr. Siddiqi said.

When larger veins are afflicted, the vein clinic doctors look deeper to determine the cause and the appropriate treatment.

The veins' primary role is to return blood to the heart. In the lower extremities, the veins are working against gravity to do their job. While the muscles help them perform that function, the vessels and valves under the skin can become damaged. When that happens, blood can stagnate in the lower legs and can cause chronic venous insufficiency, Dr. Siddiqi explained.

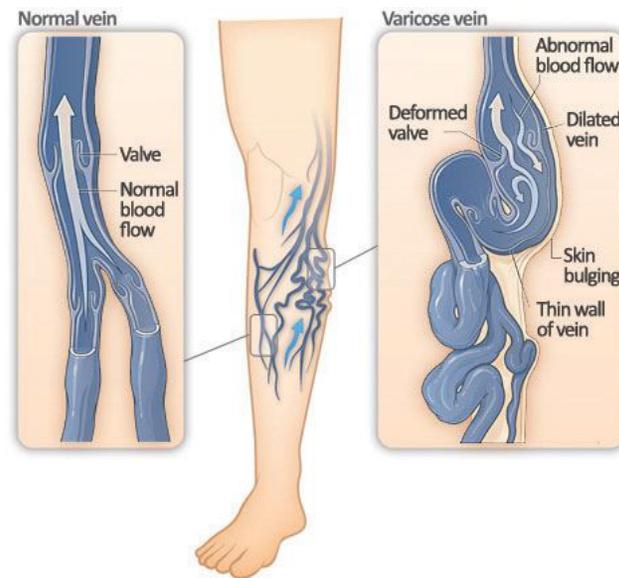
Radiofrequency ablation is the standard treatment for people who have this condition, allowing physicians to effectively remove damaged veins to cure symptoms and prevent disease progression.

Through a tiny incision, physicians deliver thermal energy into the vein, which collapses the vein wall, with minimal discomfort. The legs have far more veins than they need so simply getting rid of unhealthy veins reroutes the blood to the healthier veins and relieves the symptoms, Dr. Siddiqi said.

“This minimally invasive technique takes our doctors about 15 to 20 minutes in a single visit,” he added. “There is no significant recovery time. In fact, we recommend that patients resume their normal activities and walk on the day of the procedure. There is little or no pain and this is managed under local anesthetic.”

VenaSeal is a newer therapy that can either complement or, in some cases, replace radiofrequency ablation. In this treatment, a medical adhesive is inserted into the diseased vein to reroute the blood to healthier veins.

“This minimally invasive technique takes our doctors about 15 to 20 minutes in a single visit.”



“This has been demonstrated to be equally effective,” Dr. Siddiqi said. “It takes slightly longer, but there is no need for local anesthetic and collateral issues associated with thermal energy are eliminated.”

“Depending on the trajectory of the vein, one technique may be better suited than the other,” he added.

Genetics are the primary cause of varicose veins. Smoking and carrying extra weight also

are factors. Teachers, firefighters, people working in retail and others who stand for long periods of time also are more likely to develop varicose or spider veins.

“Standing for long periods compounds the problem because the veins are working against gravity for longer periods of time,” Dr. Siddiqi said.

Regardless of the cause, patients at the Spider and Varicose Vein Treatment Clinic can rest assured knowing they are in the most capable of hands.

“Our patients receive seamless care,” Dr. Siddiqi said. “When a patient first comes in, we talk to them about their goals and we tailor a treatment plan for that individual. And we have doctors on hand who can manage their treatment, no matter their goals or needs.”