



# Got leg pain?

THE VEIN INSTITUTE & MEDISPA  
AT HOUSTON HEART AND  
VASCULAR ASSOCIATES

*COMPASSIONATE, COMPLETE VASCULAR CARE*

BY PAMELA HAMMONDS | PHOTOGRAPHY BY CHRIS WALTER

**I**f you experience leg pain—moderate or severe, you may have peripheral artery disease (PAD). Just as the arteries in your heart can become blocked, hardened or narrowed, so can the blood vessels in your legs and feet. PAD can also lead to tissue and nerve injury or damage, resulting in amputation in severe cases.

## ARE YOU AT RISK?

While anyone can develop PAD, you have an increased likelihood if you:

- + smoke cigarettes
- + are obese
- + have high blood pressure
- + have high cholesterol
- + have diabetes
- + have a history (or family history) of stroke or heart disease
- + are a male over 50
- + are physically inactive
- + have kidney disease (involving hemodialysis)

Certainly discuss any of these concerns with your physician, but if you are currently experiencing leg pain—while active or at rest—contact The Vein Institute & MediSpa for a professional consultation.

## ARE MY SYMPTOMS PAD OR SOMETHING ELSE?

In the United States, up to 50 percent of the adult population suffers from some type of vein disorder. The most common types are varicose and spider veins. Dr. Little founded The Vein Institute & MediSpa on the principles of public education and awareness of vein disorders, accurate diagnosis and minimally invasive treatments—including sclerotherapy, Endovenous Laser Therapy, micro-phlebectomy and compression stockings.

The Vein Institute & MediSpa offers the most pain-free alternative vein solutions available. Endovenous Laser Therapy is performed in the office and requires only local anesthesia. The treatment is minimally-invasive, typically taking less than an hour without any recovery time. Dr. Little's extensive education includes training in Europe under Dr. Tessari of Bologna, Italy, who patented the worldwide technique of Foam Sclerotherapy for injecting veins. Sclerotherapy may be used as your only form of vein treatment or as a follow up to your Endovenous Vein Laser Treatment.

Typically PAD symptoms begin in the legs and feet. You might experience pain in one leg or both to varying degrees. Hip pain, swelling, itching, rashes, burning, cramping and fatigue may also be present as well as numbness or difficulty walking. Your legs and feet might also experience muscle pain, coldness, pale or blue coloring, hair loss or a weak or absent pulse. And in some cases, you might not have any symptoms at all!

Only an experienced physician can determine whether your leg pain needs vascular treatment. Dr. Raymond Little, founder of The Vein Institute & MediSpa, has been a board-certified practicing physician for over a decade. He received his degree in medicine from Boston University where he completed his internship and residency in internal medicine. Dr. Little also completed a fellowship in cardiovascular medicine at Georgetown University in Washington, D.C., and received interventional training at Baylor University Medical Center.

## DR. LITTLE'S PATIENTS EXPRESS THEIR GRATITUDE:

*I chose Dr. Little to perform laser surgery for my varicose veins. Laser surgery was more appealing to me because it is less intrusive than the stripping procedure. I was extremely pleased with the attentiveness of the staff and the thorough explanation of the procedure. I highly recommend anyone who is considering this procedure to first consult with Dr. Little. —Ernest Amar*

*I came to see Dr. Little for large painful varicose veins I have endured for many years. In desperate need of some hope of relief, I knew it would be a challenge. During my first visit with Dr. Little, I experienced his compassion and knowledge and how he could put a plan together to help me. I've had a couple of procedures done and the pain is less in both legs. I can't say enough about Dr. Little and his staff for their very caring and professional service. It is such a good feeling to meet a physician who cares about the patient. —Angie Clark*

*My experience was excellent from the moment I walked in the door. From the front office to the back office, the staff is wonderful. They treat you like a person and not just a patient. Dr. Little is very thorough in determining what procedure will work best for you, then explaining what they will be doing. I am so glad I found this office and would recommend it to someone who is experiencing varicose veins to the extent I did. —Karen Mann*

*Several different doctors were unsuccessful trying to help me with my circulatory problems before my family physician recommended Dr. Little. I believe that the reasons Dr. Little has been successful with my complicated case are not only his experience and expertise, but the fact that he actually listens to the patient and then takes the necessary time to consider the best approach for the best possible outcome. —Karen Blankner*

Along with his professional medical team, you'll be treated with the utmost care during your consultation and you need not be referred by another physician.

## HOW SERIOUS IS PAD?

Left untreated or undiagnosed, PAD can lead to serious health complications. Dr. Little will first review your medical history, evaluate your symptoms and perform the necessary diagnostics with state-of-the-art technology to determine your condition. While PAD is often treated either with medication or a minimally-invasive out-patient procedure, follow-up treatments will also be determined to maximize your recovery. At every instance, you can be assured that The Vein Institute & MediSpa puts your comfort and convenience forefront.

You'll be catered to in a concierge-type setting; they take a five-star approach to healthcare with an emphasis on quality medical services at your convenience. Call today for an appointment at 281-312-0208 or go online to [VeinMediSpa.com](http://VeinMediSpa.com) to review other services provided by Dr. Little and his team, including varicose and spider vein treatment along with facial rejuvenating services such as Botox and dermafillers. 📞

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