

Dr. Inam-Ul-Haq of Borough Park Uses Lasers To Eradicate Troubled Veins

By **KRYSTAL GARCIA**

Jeane Montuori is a 55-year-old elementary school teacher who never wore shorts or skirts during the summer. She didn't want to show her legs.

"I was very embarrassed with the way my legs looked," said Montuori, a local resident.

Like a lot of middle-aged women, Montuori has developed spider veins on her legs.

And according to Dr. Inam-Ul-Haq of Borough Park, about 50 percent of the population suffers from some form of vein disease.

Haq is a vascular surgeon and medical director of the Laser & Varicose Vein Treatment Center. He says his practice is revolutionizing the treatment of vein disease.

Two of the most common forms of vein disease are spider and varicose veins. Spider veins are small, thread-like colored veins on the surface of the skin, while varicose veins are large, rope-like veins that are often a quarter of an inch or larger in diameter.

Varicose veins can pose serious problems. Aside from being unattractive, they can also cause the feet to swell, legs to cramp and surrounding skin to itch.

Usually one incompetent vein causes the disease to balloon out, as Haq put it. As a result, blood does not circulate to the heart and there is significant swelling and tiredness to the legs causing discoloration to the skin. The disease can be caused by hered-

itary tendencies. Others who suffer from the disease spend a great deal of time on their feet, including nurses and teachers. By adding pressure to their legs, they are more prone to developing the disease.

This disease affects between 15-25 percent of adults and approximately 50 percent of all people over age 50. Women have a higher rate of vein disease than men.

Haq and his physician assistant **Stephen Berman** have found a new way to treat vein diseases - specifically, varicose veins.

They use a new treatment called endovenous laser ablation. It's now the preferable method of treating varicose veins, said Haq. Prior to laser treatment, varicose veins were mainly treated through the con-

ventional method of vein stripping, which caused tissue trauma, as well as a long period of recovery for patients.

Montuori's first treatment in July 2001 was done at Maimonides Medical Center, where Haq first practiced. She had heard of Haq through her friend and dermatologist. That was before Haq learned of the new treatment.

"We found laser treatment to be so much more comfortable for the patient in terms of the patient's ease and recovery," Haq said.

Once learning of the laser treatment, Haq, who has worked in Brooklyn for the past 35 years, did not hesitate to move away from con-

ventional methods. "With the laser closure of varicose veins, the whole treatment has completely changed, it has completely revolutionized the treatment of varicose veins."

In September 2001, Montuori had a second procedure done for the other leg. Afterward, Montuori said, she felt like a whole new person. "Dr. Haq worked miracles. My legs look like I've always wanted them to look."

According to Haq, the treatment is revolutionary for three reasons: firstly, the procedure is extremely quick. "The whole procedure takes about half an hour to 45 minutes," said Haq.

Other reasons include the quick recovery time, which is usually 48 hours, and low risk of infection following the procedure. "Our post-operative infection rate is so minimal that the patients don't even require antibiotics, unless they have other underlying infections ... Anytime you don't have to give someone a drug, it's a good thing," said Berman. Patients are usually able to get right up from the operating table and walk home or resume activity.

The procedure not only saves patients time, but also saves them money. Laser surgery is 50-60 percent less in expense than conventional vein stripping since everything is done in the office. Most insurance is accepted also.

Haq and his staff have performed over 1,060 laser closure procedures at the center over the past three years, with a successful vein closure rate of 99.5 percent. "Only 4 or 5 of the

patients we have treated needed their vein to be closed again," said Haq.

A diverse group of patients have been treated at the center as well and its staff is aware that vein disease does not discriminate. Girls, boys, men, women, young and old have been treated, according to Ann Connolly, the office administrator who briefs many patients on the procedure.

Haq calls the center, located at 50th Street, "unique," since it was one of the earliest centers treating the disease, beginning in 2002. The facility has a

staff of two other doctors and two physician assistants.

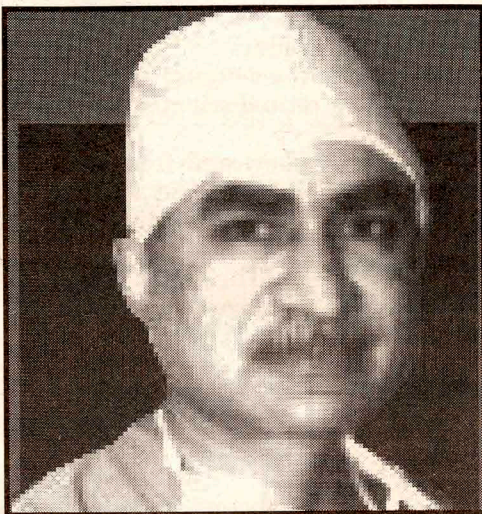
It also was the first center to receive the highest level of accreditation that a health institution can receive from the Joint Commission on Accreditation of Healthcare Organizations.

Patients come from all over, according to Haq, including Long Island, Queens and Bronx. A brand new facility was recently opened at Staten Island University Hospital.

Montuori wants to recommend the center to her sisters, who also have spider veins, and anyone else who thinks or know they might be suffering from vein disease. "Dr. Haq and the staff are wonderful," said Montuori who regularly comes back to the center for follow-up. "The results are just incredible."

For more information about the center visit the website www.varicosecenter.com or call the office at 718-435-1777.

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Dr. Inam-Ul-Haq