

VEIN PAIN

Bulging veins were much more than just unsightly for a Manahawkin man.

J

OSEPH SIBERRY WAS LIVING a great retired life, splitting his time between the Jersey

Shore and Sunset Beach in North Carolina and playing lots of golf. There was just one thing getting in the way: unsightly varicose veins.

"It looked like I had a bunch of grapes coming out," says Joseph, 60. "That's how bad it got."

He assumed his vein problem was merely cosmetic, but after meeting with vascular surgeon **Jeffrey Hager, D.O., FACOS**, of **Southern Ocean Medical Center**, he learned there was more to his condition than met the eye.

A SURPRISING HEALTH ISSUE

"Joseph had venous insufficiency, which means the valves in his legs were not closing properly," Dr. Hager says. It's the veins' job to take blood toward the heart, and the veins in the legs have to fight gravity to do so. When the valves don't close the way they should, the blood goes backward down the leg and pools there. In Joseph's case, this was causing his enlarged veins, along with swelling, fatigue and achiness.

"It was really a health issue I wasn't aware of," Joseph says.

To treat the condition, Dr. Hager identified which segments of the valves weren't working. "There's a reason why veins are puffing out, and it's our job to find out why," he says. "If you just treated the overall vein and not the reason, it would come back again."

Dr. Hager used a needle-based procedure, done in-office with just a little sedation, to close off the problematic veins. Afterward, patients are able to walk and can immediately resume normal activities. Joseph said the biggest challenge was wearing a compression stocking for a few days after the procedure.



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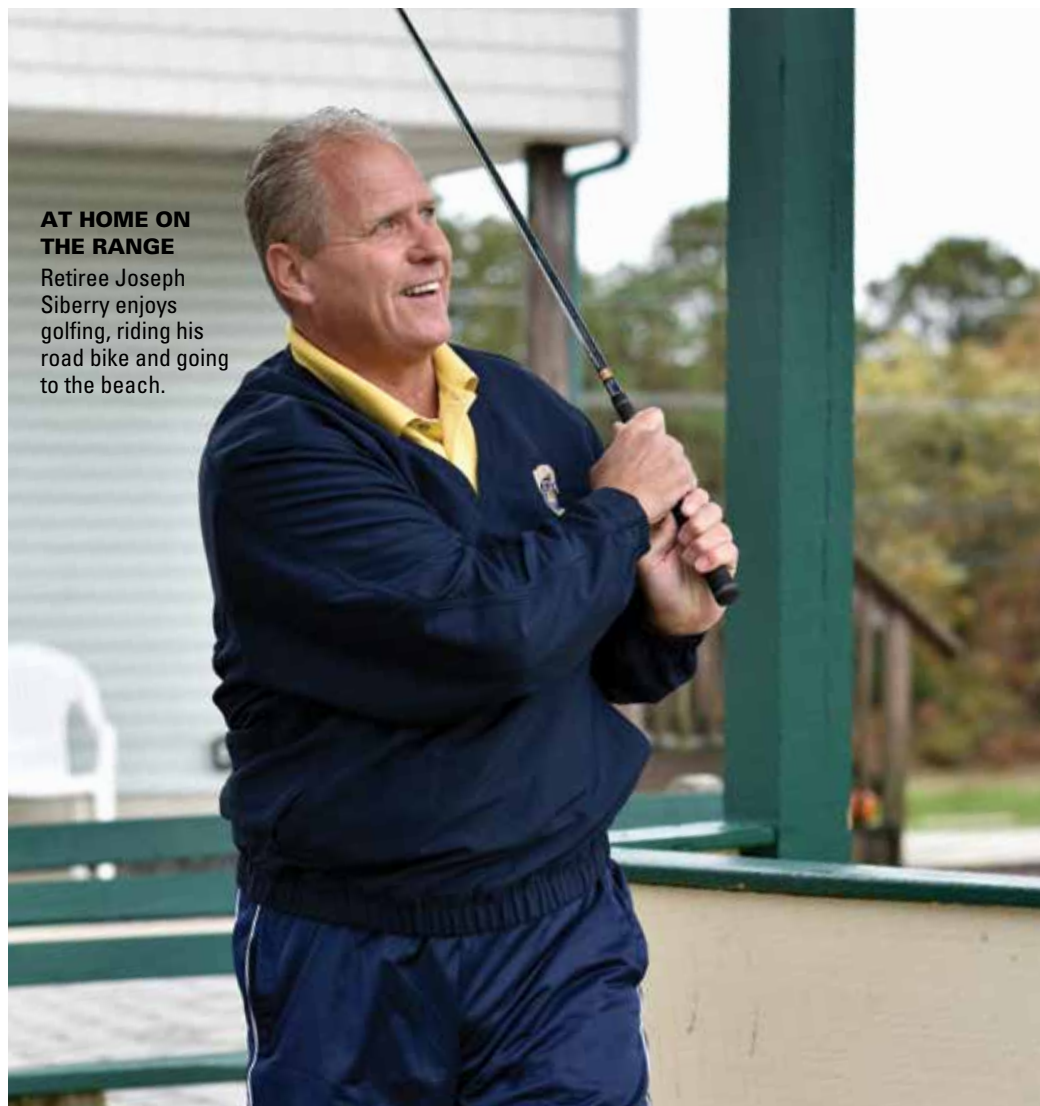
TAKING A CLOSER LOOK

Like Joseph, many people don't have vein problems checked out when they first occur, but Dr. Hager says that's a mistake. "Vein diseases are progressive, which means they get worse over time," he says. "We encourage people to get evaluated. Not everyone will need to get treated." Avoid vein clinics that are only focused on the aesthetic aspect and instead visit a vascular surgeon with a good reputation.

Joseph is pleased with his results, with legs that are readier than ever for the golf course. "It was a really good experience," he says. "The best thing is Dr. Hager was so honest with me. He builds confidence in you." 🌟

THE VEIN EVENT

Concerned about varicose veins? Get screened at our Getting a Leg Up on Varicose Veins event. See page 22.



AT HOME ON THE RANGE

Retiree Joseph Siberry enjoys golfing, riding his road bike and going to the beach.