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## HEALTHY LIVING

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**W**hen visiting Iowa City Thoracic & Vascular, you'll be greeted by a friendly and welcoming staff. I think you can tell right away that the people here are genuinely nice. For people who suffer the aggravation of constantly throbbing and painful legs or unsightly red and swollen varicose veins, perhaps it's time to visit Dr. Chris Peters at Iowa City Thoracic & Vascular.

Iowa City Thoracic & Vascular comes highly recommended by past and present patients. Diane, who was coming in to complete a series of vascular treatments while I was there, was beaming with excitement. "This is the best thing I've ever done for myself."

Dr. Peters says, "There are many people who suffer quietly with leg pain. Some have a minimal constant throb, but others have such severe pain it is difficult to walk. But because many think it is just something that comes with age, they feel it's normal or something they just have to live with." Diane says her feet and legs would swell so large she couldn't wear shoes. She hadn't thought of vascular surgery until a friend told her about her surgery. She highly recommended Dr. Peters and Cassandra (Sandy) Lanier, physician's assistant. Diane, who is from Atlanta, Georgia, adds, "I really did think this pain and swelling was something old people just had to live with." Diane, like many other patients, has learned differently.

Thanks to all of the new and innovative treatments available, Dr. Peters or Sandy can perform your procedure in the office under a mild anesthetic, and you can walk out right afterward. Dr. Peters says, "Some patients have returned to work that same day, but most take the entire day off and enjoy a short rest."

Diane was awake during her procedure, talking and visiting with staff. Dr. Peters explains, "We enjoy visiting with our clients. They get to know us and we get to know them. With the light bantering, it makes the entire process far more comfortable for the client. The time passes quickly, and we explain the process as we go. There are no surprises. They know what is happening because we explain it thoroughly in terms they will understand." Diane smiles and adds, "This has given me my life back." She now enjoys outdoor activities and going for long walks.

Another client, who had his first procedure when he was 72, has reclaimed his very active life of camping, hiking, and dancing. Dr. Peters says, "He is a big cheerleader for

our clinic. He really enjoys his new energy." A patient who had major lung surgery sends the clinic a large bouquet of flowers each year on the anniversary of her surgery thanking the doctor for another healthy year. Dr. Peters shares, "I really enjoy helping people, and they remember us and spread the word, send cards of thanks, or send flowers. It's a part of the job that I really enjoy."

In the past, varicose veins were stripped out, leaving large scars and a long healing period. Now there are many new treatments available with minimal pain. Dr. Peters and Sandy perform the VNUS Closure procedure using radiofrequency ablation to heat and destroy the incompetent veins. Also, microphlebectomy can be performed for unsightly and uncomfortable veins and bulges. These procedures are described on their Web site at [www.icvein.com](http://www.icvein.com) or [www.icTVsurgery.com](http://www.icTVsurgery.com). They can be done using a light anesthetic, leading to faster healing and better results. The VNUS procedure and ablations can be viewed on their Web site at [www.icvein.com](http://www.icvein.com).

In addition to venous disease, thoracic and arterial disease is also treated by Dr. Peters. Beginning this summer, Dr. Peters will be offering screening tests including stroke screening, abdominal aortic aneurysm screening and peripheral arterial disease screening for those who are at risk. Also, free vein screenings are occasionally advertised with the next one to be scheduled in early fall. There are a number of screening options available, all of which are designed to identify the early signs of disease. Preventative care is very important because the warning signs are

often not recognized. Minor symptoms could be a sign of something more severe. Preventative care is always better than waiting until a person has a heart attack or stroke.

Brianna Anderson will be joining the staff in May as the ultrasound technician who will be offering vascular screenings. If patients learn early enough that they may have vascular disease, there are a lot of preventative measures they can take. Proper diet changes may include lower-cholesterol foods, in addition to increased exercise and smoking cessation. A vascular screening is very important. It could save your life.

For more information, vascular disease is explained thoroughly on the Web site at [www.icvein.com](http://www.icvein.com). Or call the office for a brochure that explains the procedure at 337-3604. Julie Peters, the office manager/nurse and Dr. Peters' wife, or Tammy Watson, receptionist, will be happy to schedule an appointment or to answer your questions. **WE**

### THE IOWA CITY THORACIC & VASCULAR

By Angela Hoose



Dr. Chris Peters

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