

INSTITUTE PHYSICIANS

Dr. Cheng graduated from Harvard with highest honors and training in surgery at UCSF. She was then named the first Phlebology fellow in the United States, through the UCSD/Scripps fellowship.

Dr. Cheng is one of just a few Southern Californian doctors to be a member of both the American College of Phlebology, which focuses on the treatment of varicose vein problems, and the American Venous Forum, the nation's most prestigious organization dedicated to the study of venous disorders.

In 2007, Dr. Cheng was awarded the ACP Walter deGroot Award for excellence in phlebology. She lectures nationally to physicians, and has published many articles on the treatment of varicose veins and other vein disorders. Dr. Cheng has written a definitive book on Foam Sclerotherapy that was published in 2008 (Royal Society Med press).

Dr. Cheng is a member of the San Diego County Medical society and is currently a Clinical Instructor of Surgery at UCSD. She specializes in treating all vein problems without surgery. Her experienced techniques have proven to be first rate, even for spider veins, unsightly hand and temple veins, varicose veins and the most advanced forms of venous insufficiency.

In 2008, the San Diego Business Journal honored her with the Women Who Mean Business Award. Dr. Cheng thanked all her patients for nominating her for this prestigious recognition.



**San Diego's 2008
Women Who Mean
Business Award**



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SDVI Introduces Dr. Cheng



Whether you have symptomatic varicose veins or unsightly facial capillaries, we are committed to your needs. We will work with you to determine a course of action, and getting your concerns addressed. Your health is too important to leave to someone not specialized in venous disease.



WHY OUR TECHNIQUES ARE SUPERIOR

VEINS

Varicose veins are extremely widespread within our population, since it is estimated that they concern 30 to 50% of women and 20 to 30% of men. This condition will be increasingly frequent because of the aging of the population and lifestyle changes.

CAUSES OF VARICOSE VEINS

Venous insufficiency is related to a weakness of the venous wall, probably hereditary. This weakness will worsen gradually by factors of risks: jobs involving prolonged standing positions, putting on weight, pregnancy, heat, etc...The venous wall dilates, causing its valves to separate. As a result, blood flow reverses. Instead of bringing blood back to the heart as a normal vein would, a weakened vein allows blood to become static in the lower extremity. This backward flow will involve an increase in pressure in the vein (hypertension). Dilation becomes permanent: it is a varicose vein. This phenomenon will extend gradually and, if allowed to continue, will affect an increasingly wide surface venous network.

WHAT WE DO

If you have bulging and/or varicose veins that cause aching heaviness, our staff will perform a Duplex (color flow) ultrasound examination to determine the source of the problem.

Next, we inject a drug that sensitizes the inner vein walls, causing the vein to collapse in on itself. The patient's body eventually absorbs the shrunken vein. If you have telangiectasias (aka spider veins), we look for

WHAT WE DO (cont.)

the source and treat the underlying reticular veins. If the source is not treated, the spider veins will soon return. For select cases of telangiectasias of the face and legs, we use a laser that has a patented cooling system that anesthetizes the skin before, during, and after treatment.

WHY OUR TECHNIQUES ARE SUPERIOR:

For a very long time, the methods of treatment of the varicose veins evolved little. The aggressiveness of surgical treatment (size of scars, duration to resume normal activities, etc) and the frequency of recurrence very often discouraged the patients. Later, electromagnetic energy (endovenous laser and radiofrequency) was used as a means of taking source veins out of the circulation. Unfortunately, since energy can radiate outside the vein wall, cases of nerve damage were reported. In addition, reports of recurrence varies in ~30% of these cases made some physicians look to alternatives in treating problematic varicose veins.

Our medical treatment involves innovative techniques, and our objectives are to be preventative, less aggressive and more precise. This now makes it possible for the patients to be better treated, earlier, and with a better follow-up care.

TESTIMONIALS

Dr. Cheng took the time to get to know me, to understand my concerns and goals, and to educate me on my condition, the initial and ongoing treatment. She was warm, open, easy to communicate with, and set reasonable expectations. I am very satisfied with my results. I highly recommend her.

Mike B., Del Mar, CA

TESTIMONIALS

I was so impressed with Dr. Cheng's interest in me and my concerns. I appreciated her thoroughness in evaluating my particular venous history. I felt comfortable and confident that I had found a specialist who was highly educated in her field and passionate about helping people like me with restless leg syndrome. I can say that the treatments were very effective in helping me sleep at night, thank you so much! I could not believe that my creepy crawly leg feelings are gone and the heaviness has subsided a lot. My veins are virtually nonexistent and for this I am so grateful. Dr. Cheng is beyond an amazing doctor. She is so energetic and passionate, and took the time to share so much information. Thank you again for treating me so respectfully.

Debra S., San Diego, CA

Dr. Cheng inspires confidence and trust in her ability, which is why I travel from Los Angeles, where there are many treatment options, to San Diego just to go to her, as I firmly believe that Dr. Cheng is the best physician available in her area of expertise! Thank you, Dr. Cheng!

Amber T., Los Angeles, CA

