



## MEDIA RELEASE

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### **Circulatory Problems and Non-Healing Wounds? Help is Here Thanks to YRMC's New Vein Center**

People who suffer from circulatory problems in their legs know the condition is painful, debilitating and complicated.

“Circulatory problems are very dangerous and limit how people live and enjoy their lives,” said Anil Kumar, MD, FACCP, RPVI, Medical Director of Yavapai Regional Medical Center’s (YRMC’s) Vein Center.

What causes these circulatory problems? A condition called chronic venous insufficiency is linked to circulatory problems in the legs. “Chronic venous insufficiency is a problem for millions of Americans and is the number one reason why people have hard-to-heal wounds on their lower extremities,” states Dr. Kumar. “YRMC’s new Vein Center is dedicated to addressing vein health and the complicated health problems associated with these vein-related circulatory problems.”

Dr. Kumar is uniquely qualified to lead YRMC’s Vein Center. He is Board Certified in Vascular Medicine and in therapies to improve circulation in the veins. He is also a Diplomate for the Society of Vascular Medicine and a member of the American College of Phlebology, the professional society for physicians who treat vein disorders.

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#### **Creating a Total Healing Environment**

*– an environment wherein the people of YRMC work in partnership with patients and their families seeking peace of mind and peace of heart, as well as physical cure or comfort, because we understand the indivisible relationship that exists between body, mind, and human spirit.*

YRMC VALUES

*Respect*

*Integrity*

*Quality*

*Commitment*

*Accountability*

Dr. Kumar and YRMC's Vein Center staff partner with experts from YRMC's Wound Care program to help people with hard-to-heal leg ulcers and wounds – a result of poor circulation. If the patient needs it, an Infectious Disease physician is available for consultation and treatment. The Vein Center also works with YRMC's Diabetes Education program – recognized by the American Diabetes Association for Quality Self-Management Education – to help patients better manage diabetes, another reason for poor circulation in the veins.

YRMC's New Vein Center is located at:

YRMC Del E. Webb Outpatient Center  
3262 North Windsong Drive  
Prescott Valley, Arizona 86314  
(928) 759-5890

“YRMC's Mission is to offer advanced medical care that meets the needs of the communities we serve,” said Anthony V. Torres, MD, FACP, Chief Medical Officer at YRMC. “We know many of our residents suffer from chronic, painful and dangerous venous circulation problems in their legs. The Vein Center provides a family of solutions to address these circulatory issues. We're here to help people throughout our region who are living with this complicated malady.”

Treatment at YRMC's Vein Center begins with a comprehensive clinical assessment followed by a dedicated ultrasound study to identify venous reflux issues and to rule-out deep vein blood clots.

Depending on the results of the ultrasound, Dr. Kumar may recommend conservative treatments that include:

- Wearing compression stockings
- Elevating feet at prescribed levels

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- Avoiding “dangling legs” in what are called dependent positions
- Calf muscle exercises

If there is no improvement in the circulation following these conservative therapies, Dr. Kumar may prescribe additional minimally-invasive office-based treatments that include venous ablation, sclerotherapy or microphlebectomy.

“Together, YRMC’s Vein Center and Advanced Wound Care teams provide the synergy needed to help people with circulatory issues and non-healing wounds,” Dr. Torres said. “Our approach is designed to help patients with non-healing wounds avoid debilitating amputation.”

For more information, talk to your primary care physician or contact the Vein Center at (928) 759-5890.

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