

## **Fortis Hospital, Mohali introduces Glue Closure Technique to treat Varicose Veins; a first in India**

**Chandigarh, December 20, 2017: Fortis Hospital, Mohali** has introduced a new technique **Glue Closure Technique** to treat Varicose Veins for the first time in India. This modern technique is a simple technique that doesn't require application of tumescent anesthesia. A special catheter is introduced in the vein of the patient and vein is ablated along with a special Turkish glue. **Dr Ravul Jindal, Director, Vascular Surgery, Fortis Hospital, Mohali** and **Dr Merts, proctor, RD Global, Turkey** spoke about this unique technique.

Varicose Veins can occur in any part of the body but it is especially seen in legs. Beyond being a cosmetic concern, this painful condition results in enlarged and gnarled veins and it should be treated at the earliest to avoid any further complexity. Some of the most common symptoms include veins that are purple or blue in color along with twisted veins. The situation becomes painful when there is a heavy feeling in the leg or burning, throbbing, muscle cramping and swelling in lower legs. One can experience worsened pain after sitting or standing for a long time. The new Glue closure treatment uses a patented **VENABLOCK** catheter which is a relatively new endovascular technique to cure venous reflux disease. Dr Ravul Jindal who was the pioneer of MOCA technique (Mechanico Chemical Ablation of Varicose Veins) in India is yet again the first to introduce this even more painless technique in India. The technique is specially recommended for those who are sensitive to needle pricks as well as those who are overweight.

Speaking about the technique, **Dr Ravul Jindal** said, *"This is a technique that wax eloquence in the treatment of varicose veins as against traditional method that require anesthesia and hospitalization. It is designed in a way to plug veins without local anesthesia or a trail of multiple cuts. The new treatment is not only less painful but can treat a leg in 15 minutes and within one hour before the patient can go home. It is important that an expert like vascular surgeon perform this surgery."*

The ailment is usually characterized by aching and heavy legs, ankle swelling, dilated bluish bulge under the skin, redness, dryness and itchiness of skin. In some people, the skin above ankle may shrink because fat underneath it becomes hard. The symptoms also include whitened, irregular

scar-like patches that can appear at the ankles or patient can have chronic non-healing ulcers. Dr Jindal said the disease marks an indication of a malfunction of venous system and should be evaluated by a vascular surgery specialist.

**Dr Jindal** further said, *“Even after the procedure, the patient is on fewer medications and post-procedure care. At Fortis Hospital, Mohali, we have always believed in introducing cutting edge technologies for excellent patient care. We have been treating varicose veins through modern modality of lasers, radiofrequency and foam sclerotherapy. The glue procedure involves puncture of vein under ultrasound guidance. This technique is combined with a special Turkish glue to ablate veins. It is safe and painless. Patients can return home the same day, as compared to conventional surgery where they had to be hospitalized. Glue procedure is performed under local anesthesia and is scar-free. There are no cuts or stitches. As it causes minimal damage to tissues, it’s especially useful in patients who are on blood thinners, are obese, have a groin infection, and are old or patients who are scared of surgery. Patients can return to normal life within 24 hours, except for undertaking vigorous exercise.”*

**About Fortis Hospital Mohali**

*Fortis Hospital Mohali is a 355 bed, JCI and NABH-certified, multispecialty care hospital. The hospital commenced operations in 2001, and is today considered one of the most recognized cardiac hospitals of India. Located in the heart of Punjab over 8.22 acres, the tertiary hospital has a comprehensive team of clinicians delivering world-class patient care, supported by advanced technology. In July 2014, Fortis Hospital Mohali added the 55-bed ‘Fortis Cancer Institute’ on its premises to offer the latest and most comprehensive Medical, Surgical and Radiation Therapy modalities.*

**About Fortis Healthcare Limited**

*Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and 368 diagnostic centres.*

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