

EASY PB-FREE SCHOOL LUNCHES

DEC/JAN 2011

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Vanquishing Veins

Whether they came from Mom, years of leg crossing, or pregnancy, you're not alone: Many of us have spider or varicose veins. One of these popular options may help. The not-so-good news: No treatment will prevent new veins from forming.

Sclerotherapy

Best for: Spider veins
How it works: The doctor injects a medication that triggers inflammation, causing the vein to collapse. "Many veins are connected, so you won't have as many injections as you'd think," says Arielle Kauvar, M.D., director of New York Laser & Skin Care.
Recovery: You'll have to wear support hose for a few days; bruising can take two weeks to fade.
Cost: \$300 to \$500 per treatment (typically, two to six are needed).

Surface Laser

Best for: Tiny spider veins (less than 1 millimeter). "Smaller blood vessels that look like fine red or purple webs are called 'telangiectatic matting,' which can only be treated with lasers," says Min-Wei Christine Lee, M.D., a dermatologic surgeon in Walnut Creek, CA.

How it works: The laser heats the inside of vessels until they shut down.
Recovery: You won't be in much discomfort, but you'll need to wear support hose (and may be bruised) for a week.
Cost: \$300 to \$500 per area (what an outstretched hand covers), per visit (you can count on at least two).

VNUS Closure System

Best for: Varicose veins
How it works: Using local anesthesia, the doctor inserts a catheter that emits radio-frequency energy into the vein. The resulting heat shrinks and closes the vein. You'll be done in a single visit of one or two hours.
Recovery: Your leg is wrapped, and you'll walk immediately (but avoid exercise for a week). You may be sore for a month.
Cost: \$2,000+; varicose-vein treatment is often covered by insurance.

eyes that pop

Buxom Stay-There Eyeshadow Pots (\$17 each; sephora.com) come in ten shimmery shades that go on light and lovely, not glitzy. The waterproof formula sticks around all day, yet it has an unexpectedly plush texture.

