

Thousands of children in the Baltimore area are not safe living with their families. We can't control where these children come from but we can impact what happens to them!

Become a
Court Appointed Special Advocate

(CASA)
Volunteer!

CASA programs in the Baltimore area need dedicated, committed men and women who care about children. No special experience is required; training and supervision are provided by professional staff. CASA volunteers are appointed by a judge to provide consistent and caring support for an innocent child involved with the court due to maltreatment and ensure that their assigned child's educational, medical, social service and mental health needs are understood, that the Court hears what is in the child's best interest, and that these children have hope for the future.



Don't wait!
The children need your help!

Call and learn more about being a CASA Volunteer
(Information sessions held monthly)

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Information
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A RIVER ON RIVER ROAD



Several cars were trapped in raging water from a 66-inch water main break on River Road in Bethesda on Tuesday morning. Emergency workers in helicopters and boats rescued nine trapped motorists from the frigid deluge. Montgomery County fire officials said five people were checked for hypothermia. See baltimoreexaminer.com for more on this story.

AP

New technology zaps varicose veins

By Sara Michael
Examiner Staff Writer

A few hours in the car shuttling her children from one activity to another last summer would leave Noelle Hildreth's legs aching and swollen.

The varicose veins snaking up her legs were never more than just uncomfortable and ugly, she said, but she knew they could cause greater health concerns down the road.

"Part of it is a vanity thing, but you also think, 'I have kids. I don't want a blood clot,'" said Hildreth, 44, of Ellicott City, a patient at Maryland Vein Professionals in Columbia.

Hildreth, a mother of seven, opted for a treatment called vein closure, in which a tiny catheter is inserted into the vein and radio frequency energy is used to close it.

The procedure, which takes just a few minutes, replaces a process called vein stripping, in which incisions are made at the ankle and the groin and a tool is used to pull the vein out.

That can damage surrounding veins and require a long, painful recovery period, said Dr. Jonathan Calure, a cardiovascular surgeon who runs the Maryland Vein Professionals.

"It's barbaric," Calure said of vein stripping. He started his practice after seeing the growing demand for the vein closure procedure.

Varicose veins are more than just

unsightly; They signal an underlying medical condition, Calure said. Blood returning to the heart from the legs is directed by a series of valves, and when those valves malfunction, the blood stagnates and builds in the tissue, causing the veins to swell.

This can lead to tissue damage, blood clots and inflammation. About 25 million Americans, mostly women, suffer from this, and it can be brought on by pregnancy or in professions that require a lot of standing.

"It's not a cosmetic problem," Calure said. "It's a cardiovascular problem."

The field of minimally invasive techniques to fix varicose veins has emerged in the past four years as technology has improved, said Dr. Sanjiv Lakhanpal, a cardiovascular surgeon at the Center for Vein Restoration, which has eight offices in Maryland.

Lakhanpal's office uses radio frequency or laser treatments on the veins, depending on vein size and location.

Vein stripping is effective, he said, but it's like "hitting a mosquito with a sledgehammer."

Where patients would spend five days in the hospital and weeks recovering, they can now walk out of their appointment after 90 minutes.

"It's a very exciting field," Lakhanpal said. "Patients are ecstatic about it."

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Michael Olesker
is on vacation.



His column will be back
New Year's Eve
to ring in the new year.

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