

Your Legs Can Be a Work of Art

A boutique Hinsdale practice devoted to perfecting the look of legs

BY MICHELLE CROWE
PHOTOGRAPHED BY JIM PRISCHING

Dr. David Loiterman is one of a very small group of physicians with the ability to explain complicated medical conditions and treatments in easily understandable language. This doctor really enjoys helping people understand complex ideas quickly. All this is important because understanding how our bodies work helps patients make better and more informed decisions about the many, many treatments available today.

After spending 30 minutes with Dr. Loiterman, one feels so informed about the theory of varicose and spider vein treatment options, it is easy to imagine being able to keep up conversationally on this topic with Dr. Oz. Dr. Loiterman explains these concepts so easily because of his many years of advanced surgical training and decades of clinical experience.

COMPREHENSIVE EDUCATION After completing four years of medical school and four years as a surgical resident, Dr. Loiterman was named as Chief Resident at The Mount Sinai Medical Center in New York City. He subsequently accepted a Vascular Surgery Fellowship at Rush-Presbyterian St. Luke's Medical Center in Chicago, followed by a Thoracic Surgery Fellowship at St. Luke's Roosevelt Hospital, part of Columbia University Medical School back in New York.

Throughout his career, Dr. Loiterman has been motivated by community service and has been recognized by his peers as both an innovator and clinician. He has been named as one of the Top Vascular specialists in Chicago by the Castle Connelly directory. He holds several patents on medical devices and has served organized medicine as an Illinois delegate to the American Medical Association. This is in addition to his role as Past Board Chair and President of the Chicago Medical Society. Currently, Dr. Loiterman serves on the Board of Directors of the Hinsdale Chamber of Commerce.

EXTENSIVE CLINICAL EXPERIENCE Approaching 30 years of clinical practice, Dr. Loiterman has treated nearly 7,000 vein patients. "Currently 80 percent of my practice time is devoted to treating varicose and spider veins. Ultrasound-guided laser therapy now allows almost every patient to be treated non-invasively and painlessly in an outpatient office environment without even the need for local anesthesia. These treatments are very, very safe and effective."

Dr. Loiterman's extensive experience, deep knowledge base, superior communication skills, and the ability to translate complex medical concepts and terminology into



Dr. David Loiterman



understandable analogies is why he is highly sought after as a community resource for people who are considering varicose or spider vein treatment.

Patients who visit the office for a consultation will be truly amazed at the many advancements in this field which have now made treating these conditions in an outpatient setting safe, convenient, and affordable. "We were one of the first, office-based ultrasound facilities certified in Illinois," Dr. Loiterman shares.

WHAT CAUSES VARICOSE AND SPIDER VEINS?

Spider and varicose veins are two conditions that many people, especially women, deal with at some point in their life. Pregnancy, hormone replacement therapy, oral contraceptives, weight changes, and jobs that require us to sit or stand for long periods of time can all contribute to unsightly veins. Though some of these vein problems may appear quite severe, they are actually caused by valves that help blood move up the legs and back toward the heart being damaged. When the valves don't close properly, blood leaks backwards down the vein. Pressure from the backup of blood will cause a vein to bulge, often at some distance apart from where the actual leak is located. Spider veins occur when small blood vessels near the surface become enlarged.

Seemingly complex, large and worm-like surface veins are

actually often caused by only a single leaking valve.

PAINLESS NON-INVASIVE TREATMENTS Dr. Loiterman uses sophisticated, painless diagnostic ultrasound measurement to identify the problem valve and select the best and most appropriate method to correct it. "The ultrasound precisely identifies where the leak is located as well as the degree of reversed flow and pressure," he says.

He then selects the proper method to close the leak, either with a microscopic "weld" using a medical laser or pharmacologically with injection of a small volume of a FDA-approved "sealant" or rarely, mechanically, with a tiny stitch or clip.

The best part is that all of these methods can be done effectively in an outpatient office setting, where the patient is in an environment of total safety and comfort.

"Today, in 2013, I can't think of a patient who would need treatment in a hospital operating room, surgical center, or clinic, or who would require regional or even local anesthesia. We do it all right here, often during a patient's lunch break or on their way home from work."

BOUTIQUE PRACTICE "Chicago Legs" is how Dr. Loiterman now describes his cosmetic varicose and spider vein practice. It is a boutique practice ensconced in a contemporary-style home that has been converted into clinical office space. The soothing décor features soft earth tones. While just-right serene background music plays, a large flat screen television displays beautiful photographs taken in many countries around the globe by Dr. Loiterman, who is an avid sailor and member of the Chicago Yacht Club, and his wife Anne. The practice uses electronic scheduling to try avoid long patient wait times, but the space is lovely and certainly a nice spot to spend a few minutes if need be.

Dr. Loiterman encourages anyone who is wishing their legs looked better to "come on in and have a conversation." ■

Chicago Legs is located at 7 N. Grant Street in Hinsdale. To learn more, call 708-354-8881, or visit chicagolegs.com.