

Get fit:

Walk With A Doc focuses on your feet this Saturday, D2

# Health Wise

WEDNESDAY, JUNE 13, 2018

SPONSORED ADVERTISING FEATURE

## Let's dance! How Truffles Vein Specialists got instructor Eddie Huffman back on the line

sponsored feature

By MAGGIE WORTH

Twenty years ago, Eddie Huffman and his wife discovered line dancing when a Sunday School friend invited them to a class at the local Moose Lodge. They had a terrific time and quickly became regulars. Five years later, Eddie started teaching his own classes. Today, he teaches two hour-long classes most days – and hosts a three-hour open line dance party once a month – through Fayette Senior Services. It's a job he absolutely loves, but a few years back, it got a whole lot tougher to do – and much more painful.

"I've had issues with the veins in my legs for years," he says, "and I had a very large vein on the inside of my left leg that was terribly swollen most of the time. That leg was actually visibly larger than my right one because of it. The whole leg got heavy after dancing for a while and I started getting knots on the back of my calf. My ankles started swelling terribly and, at the end of our monthly event, I was completely worn out, totally exhausted. I'd have to go home, put my feet up, apply packs. And I was done for

the day. It was really rough."

Then one of Eddie's students told him about her experience with Truffles Vein Specialists in Fayetteville. Her treatment had made a world of difference for her and she thought Truffles could help Eddie too. He called, made an appointment, and quickly discovered he no longer had to live with the pain, swelling, and exhaustion that went with his vein disorder.

Eddie had several veins that needed work, but the large one was definitely the most significant



*I can enjoy dancing again, one of my favorite things in the world. And I can dance as long as I want!*



Eddie Huffman with his wife Elaine at their Born 2 Dance class

issue," says Dr. Paul Feldman, Phlebologist and Board Certified Surgeon. "We were able to combine radio frequency ablation and foam sclerotherapy to decompress and close the veins and it worked very well for Eddie, as it does for most patients. Both processes are minimally invasive, treatments

See TRUFFLES, D2



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## Why Truffles Vein Specialists?

Dr. Paul Feldman is a specialist in Phlebology (treatment of veins) and Plastic Surgery

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**We Specialize in Veins (Not Arteries)**  
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# Saturday's Walk With a Doc focuses on your feet

Piedmont Fayette Hospital's Walk with a Doc program encourages all members of the community to come together for a morning stroll in Peachtree City. It's a way for everyone to start their weekend off on the right foot.

This month's walk will be of interest to anyone who has ever had an issue with their ankles or feet as Dr. Joe Giovinco and Dr. Sid Reddy will lead this month's event. In addition to starting your day with a good walk, Walk with a Doc brings a doctor along to answer any health-related questions that the participants might have.

Drs. Giovinco and Reddy specialize in ankle and foot care. They work with patients on a number of issues ranging from plantar fasciitis and sports injuries to reconstructive surgeries, wound care and bunion and hammertoe correction.

"Everyone at some point in their life has probably dealt with some foot or ankle pain and the two doctors leading this month's walk have seen it all," said Chris Moore, supervisor of the Piedmont Fayette Fitness Center. "Learning more about how to

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Chris Moore  
Supervisor, Piedmont Fayette Fitness Center

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During the walk, Dr. Giovinco and Dr. Reddy will both answer questions from participants as they walk from the Peachtree City Farmer's Market at Aberdeen Village to Battery Park and back (approximately 40 minutes). Pre-registration for the event is encouraged. To register visit [piedmont.org/walkwithadoc](http://piedmont.org/walkwithadoc) or call 877.527.3712 (toll free). Please arrive by 8:15 a.m. - the walk will begin promptly at 8:30 a.m.

There will be a Walk with a Doc event on the third Saturday of every month through November of this year. For more information about Piedmont's Walk with a Doc program, visit [piedmont.org/walkwithadoc](http://piedmont.org/walkwithadoc).



Participants in Piedmont Fayette's Walk with a Doc events have a chance to meet people from their community and talk with a physician. Photo / Submitted

## Truffles Continued from D1



Eddie and Elaine Huffman

only take about 30 minutes each, and patients typically need only a few sessions."

For Eddie, the treatments made an immediate – and significant – difference.

"Part of it was appearance, it's true," he says. "The veins were embarrassing and now that's gone. But more importantly, I can dance as much as I like now without having problems or getting tired. And, in fact, the ultrasound turned up an underlying, unrelated problem that I was able to have taken care of. I'm only disappointed that I waited so long to have something done about my veins. It was quick, it was easy, there was virtually no discomfort – and the staff is professional, but also friendly and welcoming. There's no reason not to have it done, really."

"It's really amazing what a difference treatment can make for

people," Dr. Feldman adds. "People think it will be painful or complicated – or that there's nothing to be done. But we really can help. And, unlike many clinics, we typically treat multiple veins in each session if the patient needs it, so they can have fewer treatments, spend less, and be back to their lives sooner."

Eddie was so pleased with his results that he's already referred several people, including a few of his line dance students.

"Don't hesitate," he says. "Just call, go see the folks at Truffles, and get it done. You don't have to keep suffering and you'll feel great afterwards. Look at me. I can really enjoy dancing again – one of my favorite things. If you can do what you love doing again, isn't that plenty of reason to go ahead and check it out? Why wait?"





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