



A Review study on varicose veins: Unravelling Aetiology and clinical features

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Abstract: Varicose common chronic vascular disorders. The main objective of our study was to study the etiological profile (Age, sex, occupation, and site pathology) and to assess and study outcomes in patients included in our studies. veins are the dilated, tortuous elongated veins of lower limbs associated symptoms and complications constitute the most

Keywords– Varicose veins, ulceration, deep vein thrombosis, long saphenous vein

Introduction

Varicose veins are a major health problem associated with symptoms and complications that constitute the most common chronic vascular disorders leading to surgical treatment. Though varicose veins were prehistorically only in the present century considerable knowledge has been gained concerning the anatomy of the venous system of the leg. The Indian men are more affected than women. The term varicosity is applied to elongated, thickened, friable vessels that have permanently lost their vascular efficiency, and this vein complication form of bleeding, eczema, thrombophlebitis, and deformity in the form of deep vein thrombosis. A perfect solution to this has still not been reached hence the quest for newer techniques. With the development of radiological techniques with the advent of non-invasive techniques easily reproducible and less expensive ones like duplex Doppler and various types of plethysmography have replaced the venography

Objectives:

1. Analysis of clinical features of varicose veins of lower limb
2. The various treatment modalities adapted for the management of varicose veins

Methodology:

Study Designs:

All patients who presented to our outpatient department with symptoms and categorized into two categories

Category-1:

This includes patients without any complications. These patients are treated conservatively and if not relieved of the symptoms then only subjected to surgical treatment most of them are(patient-based)



Category-2:

This includes patients with long-term complications like edema ulceration. here conservative treatment is required

AGE INCIDENCE:

The youngest patient in the patient list of the present day was a year old while the oldest patient was 65 years old. The maximum incidence of varicose vein condition was seen in the age group of patients.

SEX DISTRIBUTION:

Out of 50 patients, 38 were males and only 12 patients were females. The male ratio was found to be 3:1:1

OCCUPATION:

Of the 50 patients, most of the engaged patients were found to be farmers

FAMILY HISTORY:

Out of 50 patients, 6 of them have a family history of varicose veins, three of them from the paternal side and three of them from the maternal side.

HISTORY OF PREGNANCY-ORIENTED VARICOSE VEIN:

Of 50 patients 14 were females 4 of them had the superficial VENOUS SYSTEM INVOLVED PATIENTS:
SUPERFICIAL VENOUS SYSTEM INVOLVED PATIENTS:

Out of 50 patients, 42 of the limbs were affected by the long saphenous veins, and both the long and short were affected in 3 limbs

SITE OF PATHOLOGY:

After examining the 55 limbs superficial venous system involved in them. They were found to be involved in either of saphenofemoral valve, or sapheno-popliteal valve classified as(Above knee and below knee)and the commonest defect was the perforator valves

Clinical Examination:

Schwartz test

Modified Parthe's test

Multiple tourniquet test

Morrisey's cough impulse test.

Fegan's test.

Abdominal and rectal examination.

Color Doppler ultrasonography.

Conclusion:

A varicose vein is a common disease affecting middle-aged people(31-40)and males more than females and people who are engaged in occupations that involve prolonged standing. Clinical examination has a high predictive accuracy. It gives sufficient information to treat the patient in the center where color Doppler is not available /Affordable. The operative line of treatment is a primary procedure in treating the varicose veins lower limb management.LSV stripping up to the knee and non-stripping of SSV-associated Though the newer techniques in the management of varicose veins are showing good results, they need affordable treatment such as a cost factor .hence there is no need for social justice.

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