



Introduction

Varicose veins are enlarged, twisted veins. They can look like blue or purple and can happen anywhere in the body, but are more common in the legs. Varicose veins are not considered a serious medical condition. But, they can be uncomfortable and can lead to more serious problems.

Risk factors



Genetic susceptibility



Long periods of standing



Long periods of sitting



Pregnancy

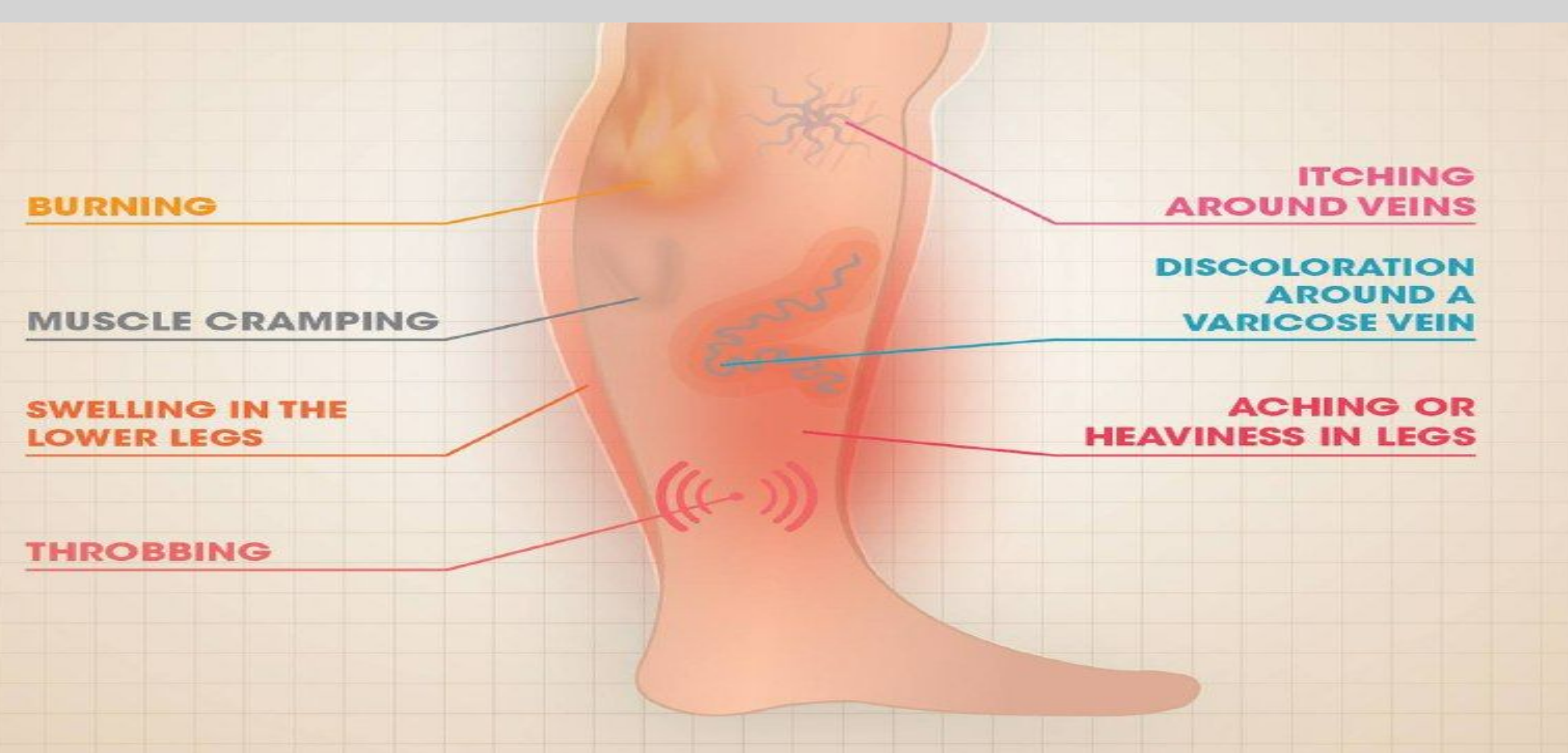


Age

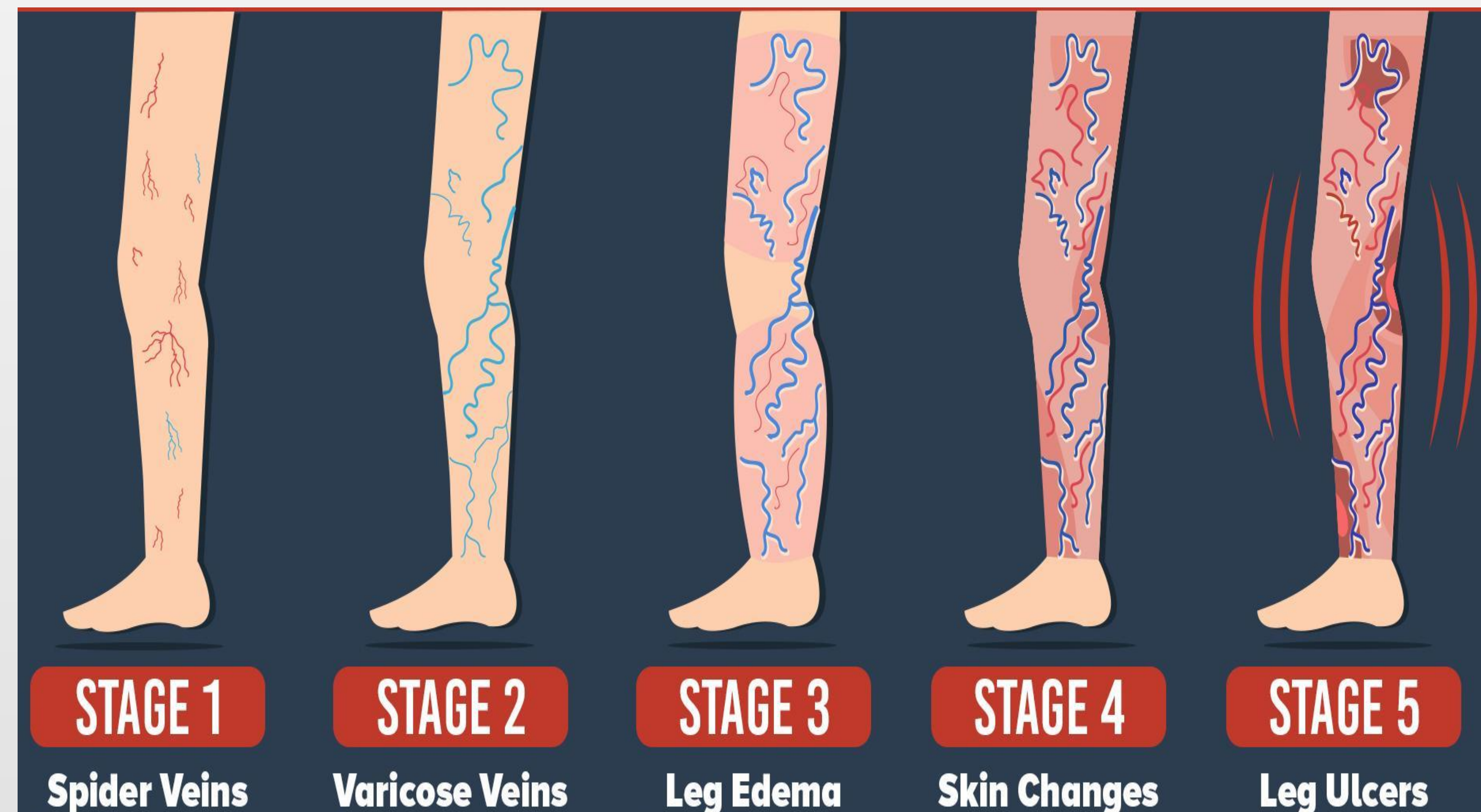


Obesity

What are the symptoms?



Stages varicose veins



How are varicose veins diagnosed?

In addition to a complete medical history and physical examination, diagnostic procedures for varicose veins may include:

- **Duplex ultrasound.** A type of vascular ultrasound done to check blood flow and the structure of the leg veins.



Prevention and Treatment

- Avoiding high heels
- Changing your sitting or standing position regularly
- Exercising
- Raising your legs when sitting
- Weight loss
- Compression stockings
- Surgeries or other procedures
- Sclerotherapy.
- Laser treatment.
- High ligation and vein stripping.

Conclusion

- Varicose veins are enlarged, twisted veins, with risk factors including age, obesity.
- Symptoms (bluish veins, Itching, Skin color changes, Swelling in the legs)
- Diagnoses Duplex ultrasound.
- Prevention and treatment Lifestyle changes, including weight loss, compression stockings, Avoiding sitting

References

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- 2) Iqbal A, Jan A, Quraishi HA, et al. Varicose vein of bilateral lower limb: a review. *J Drug Deliv Ther* 2019; 9(3): 584–587.
- 3) Robertson L, Lee AJ, Gallagher K, et al. Risk factors for chronic ulceration in patients with varicose veins: a case control study. *J Vasc Surg* 2009; 49(6): 1490–1498.