



## Varicose Veins

### Research Team:

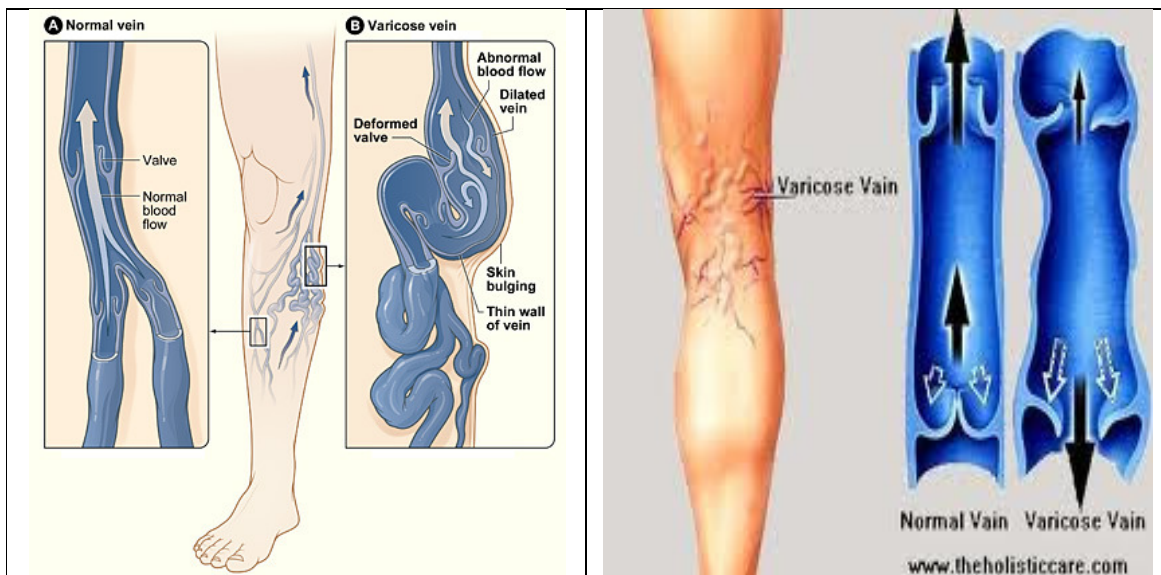
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### What are Varicose Veins?



They are swollen, twisted and sometimes painful veins filled with abnormal collection of blood. They become enlarged and tortuous. They are often painful, especially when standing or walking. They often itch, and scratching them can cause ulcers.

### What are the causes of Varicose Veins?

Varicose veins are more common in women than in men and are also linked with heredity. They are caused due to standing for long periods of time, defective valves (by birth), pregnancy, obesity, menopause, ageing, leg injury, abdominal straining and crossing legs at knees or ankles.

## **What are the symptoms?**

Aching and heavy legs, sometimes with pain in the region, visible and enlarged spider veins, mild swelling of ankle, brown discoloration of the skin at the ankle, skin ulcers near the ankle, cramps due to sudden movement and the skin above the ankle may shrink.

## **What are the complications arising due to Varicose Veins?**

Inability to walk or stand for long hours, pain and heaviness, skin conditions such as Dermatitis which could predispose skin loss, skin ulcers near the ankle also known as Venous ulcers, development of carcinoma or sarcoma in long standing Venous ulcers, severe bleeding from minor trauma, blood clotting within affected veins known as Superficial Thrombophlebitis, and in overweight persons, acute fat necrosis can occur at the ankle.

## **Different stages of Varicose Veins**

**Stage C0-** At this stage there are no visible signs of the disease. Symptoms at this stage include general aches in the legs and a condition called "heavy legs" that can be noticeably worse at night or worsened by exercise.

**Stage C1-** Aches in the leg and the first appearance of Telangiectasia, sometimes called Reticular veins or spider veins, in the legs.

**Stage C2 -** Varicose veins appear, ankle swelling, a brownish-blue shiny skin discoloration near the affected veins.

**Stage C3 -** Edema, redness, dryness, and itchiness of areas of skin - termed Stasis Dermatitis or Venous Eczema, because of waste products building up in the leg.

**Stage C4a -** Cramps may develop especially when making a sudden move as standing up, skin changes due to venous disorders: pigmentation, eczema.

**Stage C4b-** Cramps, skin changes due to venous disorders: Lipodermatosclerosis, Atrophie Blanche.

**Stage C5 -** The area may bleed more than normal and take a longer time to heal. In some people the skin above the ankle may shrink (Lipodermatosclerosis) because the fat underneath the skin becomes hard. As C4 but with healed ulcers.

**Stage C6-** Restless legs syndrome, chronic venous insufficiency, whitened, irregular scar-like patches can appear at the ankles, otherwise known as Atrophie Blanche. Skin changes with active ulcers.

## **What are the different types of treatment?**

- Elevating the legs
- Compressions stockings with variable pressure gradients
- Anti-inflammatory drugs (risk of intestinal bleeding)
- Surgical treatment
- Endovenous Thermal Ablation
- Regular walking exercise (not proven)

## **Acupressure points for Varicose Veins**

Sp 6 (↓) Liv 1 (↑) Lu 7 (↓) P 7 (↓)



## Personal Data

Name:

Phone:

Address:

Age/ Date of Birth:

Symptoms	Jan	Feb	Mar	Apr	May	Jun
Intensity of pain (scale of 0-10)						
Appearance of veins (spider or enlarged)						
Swelling of ankle						
Skin discoloration						
Skin ulcers near ankle						
Cramps						
Shrinking of skin						