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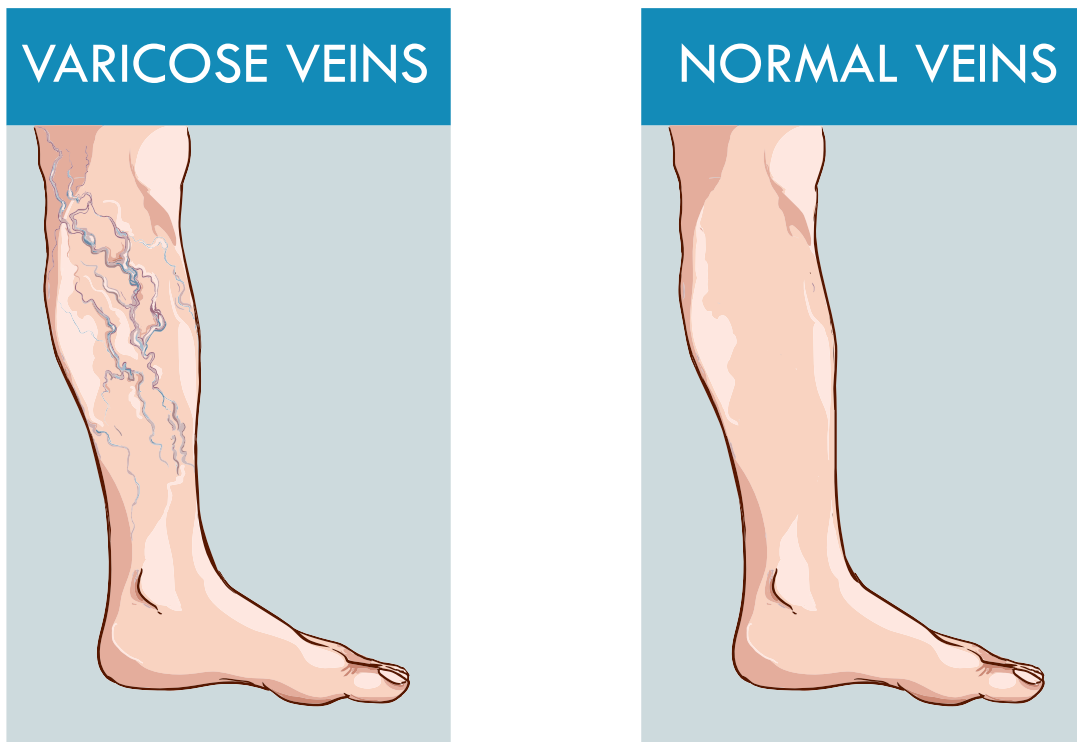
May 2023



UNDERSTANDING VARICOSE VEINS

What are Varicose Veins?

Varicose Veins is a condition where veins abnormally become twisted, dilated or enlarged due to low vein elasticity and weak valves. Older women are at a higher risk of developing varicose veins due to hormonal changes and age related loss of elasticity in vein walls.

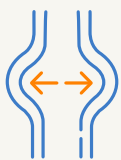


Varicose Veins can happen anywhere in the human body, but they often appear in the legs and pelvic areas.

Legs are generally affected by varicose veins because of the pressure that is exerted on the legs due to prolonged sitting and standing hours or due to obesity.

Symptoms

Patients suffering from varicose veins show a range of symptoms. The condition can be either asymptomatic or present with significant symptoms, some of which are:



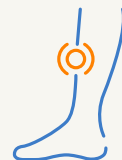
Bulging,
twisted &
enlarged
veins



Itching in
the area



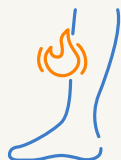
Dark purple
or blue
colored veins



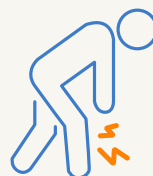
Painful
and
bulky legs



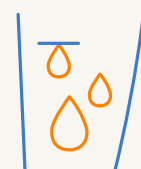
Swollen
feet and
ankles



Throbbing/
burning
pain



Tiredness
and
discomfort



Bleeding over
the
affected area

Skin ulceration, shrinking skin and discoloration around the veins is seen in severe cases. Patients may also have an irresistible urge to continuously move around the legs.

Causes:

Excessive pressure: when veins in any particular part of the body are under increased pressure, the blood is pushed back towards the heart.

Weak or damaged valves of veins: The increased pressure and force in blood flow results in the damage or weakening of the valves that lie within the veins.

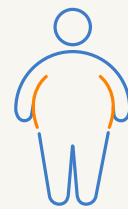
Risk factors:



Aging



Hereditary



Obesity



Prolonged standing





Secondary to DVT



Female, pregnancy, pelvic tumours

Spider veins vs Varicose Veins:

Spider Veins	Varicose Veins
	
Smaller and thinner veins	Large twisted swollen veins
Mostly a cosmetic concern , that doesn't turn into Varicose Veins	Serious medical condition that can progress further with likelihood of blood clot
Usually they don't cause any swelling symptoms	Can cause pain along with discomfort, heaviness and swelling

What are the complications of Varicose Veins?

If varicose veins are left untreated, it can lead to several complications.

- ▶ Likelihood of **painful skin ulcer/sores** formation.
- ▶ Varicose Veins can lead to **blood clots** just below the skin.
- ▶ Chances of **minor bleeding** from the veins.
- ▶ Probability of developing **deep vein thrombosis**.
- ▶ **Thrombophlebitis**: Swelling of the veins in your leg.
- ▶ Increased pain and worsening swelling



How to prevent Varicose Veins?

Although there are no proven ways to prevent the formation of varicose veins, there are a number of measures that one can take up in order to prevent an existing condition of varicose veins from worsening.

- ▶ **Exercise:** Regular exercise leads to bodily movement, which leads to better blood circulation.
- ▶ **Keep the legs elevated:** It reduces the pressure in the leg veins. Along with gravity it assists the blood to flow back to the heart.
- ▶ **Avoiding prolonged sitting or standing:** Can prevent blood clot formation in the veins and reduce the pressure build up.
- ▶ **Wearing compression garment:** Compression stockings not only helps with the symptoms but is also useful in recovery period post procedure.
- ▶ **Consuming healthy diet:** Fibre rich diet with low-sodium has shown to prevent the progression of varicose veins.
- ▶ **Losing excessive weight:** Weight control can assist in reducing the efforts of veins in circulating blood.
- ▶ **Choose light and loose clothing:** Wearing clothes that do not restrict blood flow can ease the varicose veins symptoms. Comfortable footwear is also advised.
- ▶ **Controlling blood pressure:** Checking and controlling the blood pressure can minimise the chances of varicose veins.

What to do after getting diagnosed with Varicose Veins?

- ▶ Make an early appointment with a Physician.
- ▶ Follow a healthy and active lifestyle.
- ▶ Drink plenty of water and water based drinks.
- ▶ Use doctor's prescribed painkillers to relieve pain/discomfort.
- ▶ Try home therapies to relieve the symptoms naturally.
- ▶ Control and manage your weight and blood pressure.

Diet useful to a Varicose Veins patient:

- ▶ **Diet containing flavonoids:**
Flavonoid-rich food items improves the blood circulation, regulates blood flow, and doesn't allow the blood to pool in the veins.
Thus food items like spinach, cocoa, garlic, onion, apples and strawberries are beneficial in patients suffering from varicose veins.

▶ **Fibre rich food items in diet:**

Constipation increases the pressure on veins and promotes the varicose vein development. Similarly high cholesterol levels increase blood pressure and thus increase the likelihood of varicose veins.

Dietary fibre helps in reducing both constipation, and cholesterol levels. Therefore a fibre rich diet can be useful in varicose veins patients.

▶ **Diet containing potassium:**

Low levels of potassium in the body has shown to cause water retention which can further create additional pressure on the vein valves.

Thus patients suffering from varicose veins are advised to consume food items like almonds, dates, oranges, potatoes, curd and lentils.

▶ **Replace white flour/rice with whole wheat flour/brown rice:**

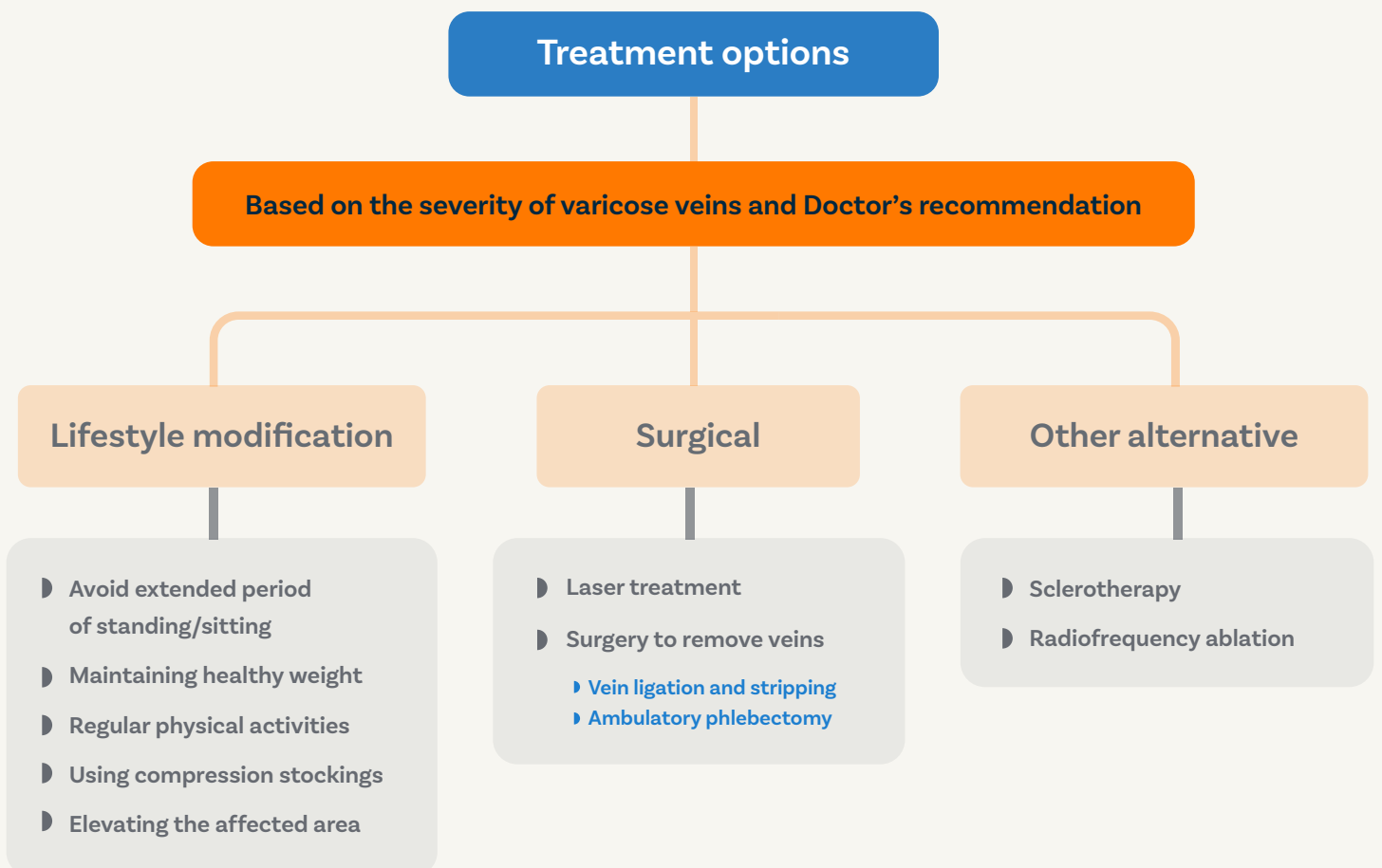
The whole wheat flour contains all the vitamins, minerals, proteins and fibre that are naturally present in the grain.

Meanwhile brown rice facilitates many health improvements, including lower blood pressure.

When to consult a Doctor?

If you suffer from the symptoms of varicose veins consult a Vascular Surgeon as soon as possible. A well experienced and trained Doctor will help you diagnose or rule out varicose veins.

Post consultation, you can opt for a safe surgical method of intervention or an alternative therapy of choice.



Advantages of Varicose Veins Laser treatment:

- ▶ No surgical cuts required thus zero scars.
- ▶ Minimally painful, with no/minimal blood loss.
- ▶ Higher success rate with quick recovery period.
- ▶ Recurrence rate is almost negligible.
- ▶ Hospital discharge on the same day of the procedure.
- ▶ In the long term, Laser treatment is cost-effective.



Do's & Don'ts post-procedure

DO'S

Take **ample rest** and **perform light exercise** like **yoga and walking**

Follow a **healthy diet** and **maintain weight**

Use **cold compression** on the treated area

Wear **compression stockings** for quick recovery

Drink plenty of water throughout the day and **keep yourself hydrated**

Gently massage yourself religiously, to improve blood flow

DON'TS

Perform **heavy extensive workouts** after the procedure for at least 2 weeks

Sit or stand for a prolonged period

Smoke, as smoking damages the blood vessels

Drive for at least a day or two after the procedure

Consume alcohol, as it can worsen the symptoms

Have a sedentary lifestyle. Instead make sure to move around at short intervals



**Pristyn
Care**

