



Review Article

Reminiscent Implications of Varicose Veins

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ABSTRACT

Varicose veins are the clinical complications of veins when they have noticed with unusual swelling/amplification. Mostly 50% of women may be having varicose veins that occurred due to imbalance in hormonal factors, puberty, pregnancy, menopause and the use of birth control pills. Other predisposing factors are ageing, standing for long periods of time, obesity and leg injury. Their treatment may include self-care measures and evacuate veins if chronic illness is diagnosed in patients. Over last decade, various invasive endoluminal methods were considered suitable to treat varicose veins especially in the treatment of lower limb varicose veins combined with sclerotherapy. Sclerotherapy and Endovenous Ablation have been considered more suitable and affordable method of their treatment which have more prevalent corrective results as compared to ligation with stripping plus phlebectomy that are coined as the "gold standard" for treating varicose veins.

INTRODUCTION:

Varicose veins may experience swelling, aching and painful legs in affected patients. Involvement of both saphenous systems, perforating veins and deep venous system are found to responsible for occurrence of varicose veins in patients with Small Saphenous Veins reflux that could be related to the variable anatomy of small saphenous vein with possibility of leaving a long stump when ligating the sapheno-popliteal junction^{1,2}. Even, evil working routine can be increased the risk of varicose veins and sometimes, it can also be genetic as well as mostly, this complication is generally reported in pregnant lady. Effective approaches of their treatment are including incorporated infusing the veins with doing small little surgery and evacuating the effected veins including sclerotherapy, phlebectomy, endovenous ablation^{3,4}. Generally deep vein thrombosis (DVT) may prompt genuine inconveniences as pneumonic embolism including other complexities e.g. varicose skin inflammation, lipodermatosclerosis and venous ulcers. The new procedures which are used to permit pros to repair varicose veins in an office-setting. Legitimate testing was found to be their effective diagnostic method and endovenous ablation was reported a cost effective and suggestive approach to treat varicose veins^{5,6}. Duplex ultrasound has been used to for diagnosing complications of varicose veins as the most conventional method in which ultrasound images used to locate the blood stream or development of the blood stream through the veins⁷. Microsclerotherapy was also reported as effective treatment to measure the fluid substance that infused into a vein utilizing a fine needle whose concoction helps in scarring off the internal coating of the vein eventually making it close off⁸. Sclerotherapy, phlebectomy, endovenous ablation and surgery was found to be effective to treat the varicose veins and their management. Ligation with stripping plus phlebectomy was regarded the suitable "gold standard" for treating primary long saphenous veins. As well as, endovenous laser therapy and radiofrequency ablation were reported the safe and effective as surgery in the treatment of saphenous veins¹⁰. Epidemiology of varicose veins has been graphed very precisely for framing the differing epidemiological terminology, populations sampled, assessment methods and varicose vein definitions. According to this survey, half of the adult population have minor stigmata of venous disease (50-55% of women and 40-50% of men) but fewer than half of these will have visible varicose veins (20-25% of women; 10-15% of men).

The data was suggested that female sex, increased age, pregnancy, geographical site and race may increase the risk factors for varicose veins¹¹.

CONCLUSION

So, this mini review article can be very useful for depicting the most common and conventional reminding approaches to diagnose the varicose veins and their treatment which can aware the complications associated with this disease too. So, suggested precise resources can be helpful to know their cost effective and suitable management and also to hinder their reoccurrence in the affected patients. Endovenous ablation, Sclerotherapy, phlebectomy are noticed as safe and effective as surgery to treat varicose veins effectively which stated that intervention of various choices of their treatment might be required for effective management of varicose veins.

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