

Berenice Saenz

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Lynne Barbara Gilbert-Norton

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### Varicose Veins

Varicose veins are one of the most common problems, especially in woman who had been pregnant. Well, this topic comes to my attention and concern because I suffer of varicose veins. In my case is rare problem since I had never been pregnant and there is no family history. This increases my concern about why I had developed varicose veins at this early stage. The problem started at the age of 17 years old and has increased gradually until this point. I went thru the process of surgery which had a curable effect for couple of months, after that I proceeded with laser treatment which neither had the expected results. Therefore, this is definably a topic I decided to do my research on, not only to find out information about the topic but also to know which part of my body has been affected as well of what consequences I will be facing in the future.

Varicose veins are a common circulatory problem that causes pain, itchiness, slowing, arching, or heaviness. Varicose veins seem to be so common but people don't realize that as simple as it looks, it can also develop complications, such as ulcers and

blood clots. There are many medical procedure been offer for this problem that can either be done by surgery, surface laser treatment, sclerotherapy, or endovenous techniques. Varicose veins become commonly when aging, hormone changes, pregnancy, obesity, sun exposure, and lack of movement.

Varicose veins are caused when the valves are damage or missing creating the veins to become full with blood especially when you are standing for long periods of time (Bhimji, p.1). Valves should usually push the flow of blood toward the heart, but when it is damage the blood leaks and pools mostly in legs and feet. We all have veins and arteries in our bodies which are in charge of carrying blood to the entire body. In our vein there is a valve that functions as a door to maintain the normal flow of blood. When the valves fail to functions some blood will remain causing the vein to swell. Usually varicose veins will form in the legs and ankles because the valves work harder in these sections since they need to work harder against gravity. Varicose veins appearances are twisted and purple or blue and are like a bump on the skin.

Veins insufficiency can also lead to stasis dermatitis in which blood pools in the veins of the lower leg and fluids and blood cell leak out of the veins into skin and other tissues (Vorvick, p.1). Dermatitis also presents the symptoms of aching, or heaviness, and pain. The skin may appear thin or tissue-like and some brown stains might appear, and

eventually would be permanently. Thrombophlebitis can appear while been hospitalized for major surgery or illness, this do to spending most of the time sitting or lying in bed. The symptoms are inflammation, pain, skin redness, warmth, and tenderness over affected areas.

Prevention for this cause simple depends of each individual situation. If you spend most of the time sitting or standing, get in the habit of stretching your legs, change your routine, balance your diet and consume plenty liquids. Compression socks help maintain the flow of blood normally, pain relievers, or anti-coagulants to prevent the formation of blood clots.

Once the problem has already become overwhelm there are different procedures that can be used to maintain control since varicose veins are not 100% curable. Most treatments for varicose veins can usually be done at the physician's office. Laser treatment had shown high rates of success but it has not been proven to cure the dysfunctional valve. The laser treatment functions with a light beam pulsed onto the veins in order to seal them off. The light beam uses adequate heat but several sessions are required to obtain results (Vein Directory staff, p1).

Sclerotherapy is the injection of a solution directly into the affected vein creating scar tissue that fades from view. The treatment is done in the physician's office the

number of injections done in one session depends on the size and quantity of affected veins. In order to be a candidate a vascular specialist will proceed to do an evaluation, the result of the treatment will appear in weeks or months depending on the size of the affected veins. Sclerotherapy may include some side effects such as lumpy or hard veins, red areas, bruising, allergic reactions, swollen, and small ulcers (Cleveland Clinic, p2).

Varicose vein stripping is used to remove the varicose veins from the leg when the vein has the appearance of a rope. In this procedure general anesthesia is used, the surgeon makes two small cuts where a thread or a flexible plastic wire enters to the top and comes out from the lower part pulling the vein out (Bhimji,p2). The stripping is usually a safe procedure, but it might cause bruising, scarring, nerve injury and the return of varicose veins over time.

The most recent treatment found by researchers at Imperial College London in September 25, 2011(Imperial College London, p1). The research proves the foam therapy is four times more effective than laser treatment and allows resuming back to normal activities sooner. Foam therapy proved itself in a study done on one hundred patients in whom the one with foam therapy showed a process twice as quicker and four times less expensive. Mr. Christopher Lattimer said, "This is the first time that anyone in

the NHS has compared foam and laser treatments, founding that foam was 4.2 time cheaper, quicker, less painful, and shorter recovery.” Also Mr. George Geroulakos said, “Because varicose veins are so common NHS has to spend a lot of money on treatment, which foam treatment is providing better cures which increase savings enormously.”

Varicose veins seem to be a normal condition that people already expects to obtain once they are place in the categories of aging, pregnancy, long periods of time standing or sitting as many other. But people should be more conscious of the causes that lead to this disease. In many cases the above mentioned factors cause the fail of the valves, but it could also be that the valves never develop or do not exist. Keep up to date what are the new procedures and most importantly finding help to either preventing or treat varicose veins. We should always be updated in order to know what is best for each one of us.

The formation of cloths can be a danger condition; it can create complications that could be avoided if detection is done on time. In case of already suffering from it always maintain them under control and observation with a professional trust wordy specialist. Maintain a healthy well balance dies, exercise with regularity, stretch out well in case of long trips, and use compressions socks as much as possible.

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