

Sine and symptoms:

- Pain in the legs: fullness, heaviness, aching
- Visible, enlarged veins
- Mild swelling of ankles
- Skin at the ankle discolored brown
- Skin ulcers near the ankle

Treatment and prevention:

1. **Sclerotherapy** injects small- and medium-sized varicose veins with a solution that scars and closes those veins.
2. **Endoscopic vein surgery**
3. **Ambulatory phlebectomy**
4. **Vein stripping** removing a long vein through small incisions. This is an outpatient procedure for most people. Removing the vein won't affect circulation in your leg because veins deeper in the leg take care of the larger volumes of blood.
5. **Exercise.**
6. **Don't sit with your legs crossed**
7. **Avoid long periods of sitting or standing**

Varicose veins:

Varicose veins are swollen, twisted, painful veins that have filled with an abnormal collection of blood.

Causes:

1. Aging due to decrease in essential protein for the vein.
2. Standing for long time.
3. Obesity.
4. Pregnancy.

How it happen ?

In normal veins, valves in the vein keep blood moving forward toward the heart. With varicose veins, the valves do not function properly, allowing blood to remain in the vein. Pooling of blood in a vein causes it to enlarge.

This process usually occurs in the veins of the legs, although it may occur elsewhere. Varicose veins are common, affecting mostly women.



Varicose veins

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