



## Chronic Venous Disease of Varicose Veins and Spider Veins

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### DESCRIPTION

Venous reflux disease also called as chronic venous insufficiency is a common condition. Venous reflux is usually the underlying cause of varicose veins, reticular veins, and telangiectasias. In the lower extremities, venous reflux is categorized as superficial or deep. Superficial venous reflux involves the great and small saphenous veins which are located between fascia and skin and is treatable by a number of modalities including endovenous ablation or avulsion. Deep venous reflux involves the femoral and other deep veins, which are located below the fascia, and is not readily treated by endovascular methods. Varicose veins and spider veins are swollen, twisted veins that usually appear on the legs. Females are more likely to have varicose veins and spider veins.

Pregnancy, old age, and obesity can all increase the risk of varicose veins and spider veins. Varicose veins and spider veins are often painless and usually do not cause health problems. Varicose veins are common on the front and back of the thighs and calves, or on inside of the legs near the ankles and feet. Varicose veins may appear on the inside of the thighs, lower pelvis, and buttocks. Spider veins or thread veins are smaller than varicose veins. They are usually red. They can look like branches or spider webs. Spider veins are usually found under the skin, but they do not bulge like varicose veins. Varicose veins affect almost twice as many women as men and are more common in older women. Varicose veins can affect more than half of women some women have no symptoms of varicose veins and spider veins. Symptoms can make a person feel very tired, heavy, and painful. Symptoms may worsen if a person sit or stand for long periods of time. Symptoms may improve after resting and raising legs. Changes in hormone levels can affect symptoms. More symptoms can be seen at certain times of the menstrual cycle, or during pregnancy or menopause.

Problems with the venous valves can interfere with normal blood flow which causes varicose veins and spider veins. Heart pumps

oxygen and nutrient-filled blood through arteries throughout the body. The veins then return blood from different parts of the body to the heart. Usually, veins have valves that act as one-way valves. However, if the valve does not close properly, blood can flow back into the lower veins instead of going to the heart. Over time, more blood clogs the veins, creating pressure to weaken the vein walls. This makes the veins larger. Varicose veins and spider veins are most common on the legs. This is because the veins in the legs carry blood to the heart against gravity, traveling the longest distance throughout the body. Although spider veins are harmless, they can cause discomfort. Some people may also wish to treat or remove them for cosmetic reasons. Spider veins results from damaged veins or burst blood vessels. They are typically painless and do not cause health problems. A variety of treatment options can help improve the appearance of spider veins or remove them altogether. For medical procedures, it is essential to consult a healthcare professional specialized in dermatology, vein care, or cosmetic or plastic surgery.

Traditional sclerotherapy is a clinical and cost-effective treatment for varicose veins, especially those that are not affected by upstream dysfunction or varicose veins below the knee. However, the results are randomized in the presence of sacral femoral varicose veins (the most common situation). Conservative Treatments includes that patient should has symptom relief by using long-term graduated compression stockings, and through leg elevation and oral pain medications. Stockings when worn daily are the ideal treatment for patients who do not want surgery. They do work but the heat and hot weather can reduce compliance. In the United States, endovascular treatment is performed in which surgical vein ligation and stripping has largely been replaced by catheter-based endovenous thermal ablation. Endovascular treatment is performed with either laser or radiofrequency as the source of the heat energy.

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**Received:** 27-Sep-2022, Manuscript No. BLM-22-18734; **Editor assigned:** 30-Sep-2022, Pre QC No. BLM-22-18734 (PQ); **Reviewed:** 14-Oct-2022, QC No. BLM-22-18734; **Revised:** 21-Oct-2022, Manuscript No. BLM-22-18734 (R); **Published:** 27-Oct-2022, DOI: 10.35248/0974-8369.22.14.513.

**Citation:** Jampathong N (2022) Chronic Venous Disease of Varicose Veins and Spider Veins. Bio Med. 14:513.

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