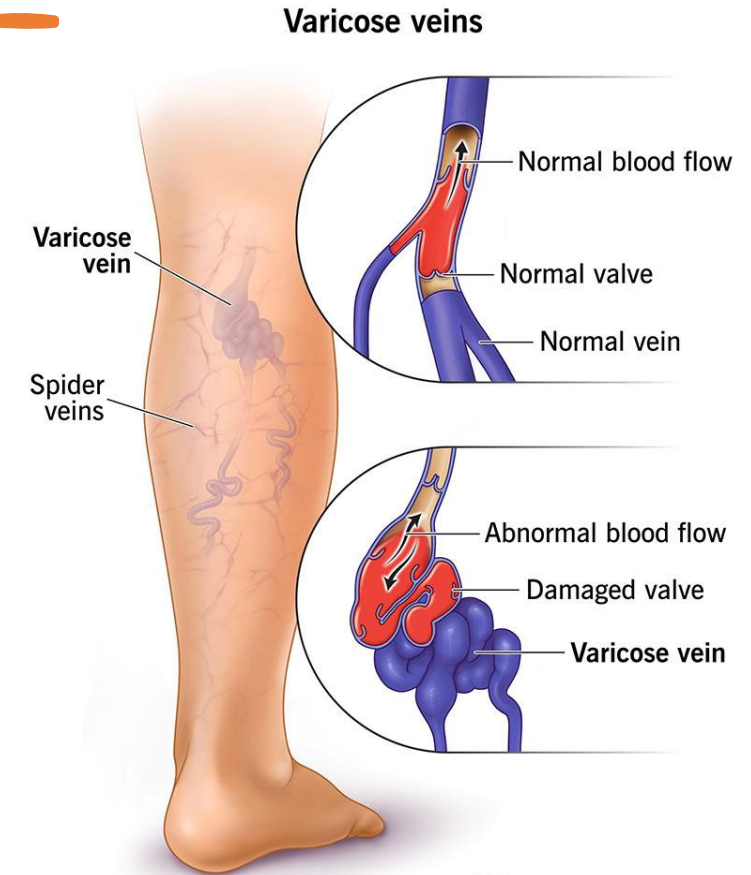


Varicose Veins



Michelle Cardenas

What are they?



Stages

STAGES OF VARICOSE VEINS



Stage 1



Stage 2



Stage 3



Stage 4



Stage 5

- Five Stages
 - Spider veins
 - Enlarged, ropy
 - Edema
 - Skin changes and discoloration
 - Ulceration

Factors

- Age
- Gender
- Family history
- Overall health
 - Lifestyle, tobacco use, hormones
- Vitamin Deficiency
 - Vitamin K





Prevention

- Avoid sitting/standing for long periods
- Avoid crossing the legs
- Lose weight, if necessary
- Exercise
- Put feet up when you can
- Don't wear tight clothing
- Wear support hose/compression stockings
- Have Bio-Touch done

Diagnosis

- Primary care
 - Visual
- Specialist
 - Ultrasound



Treatment

- Elevation
- Compression stockings
- Injection
 - Sclerotherapy (top image)
- Laser Therapy
 - Ablation (bottom image)
- Vein surgery
 - Stripping

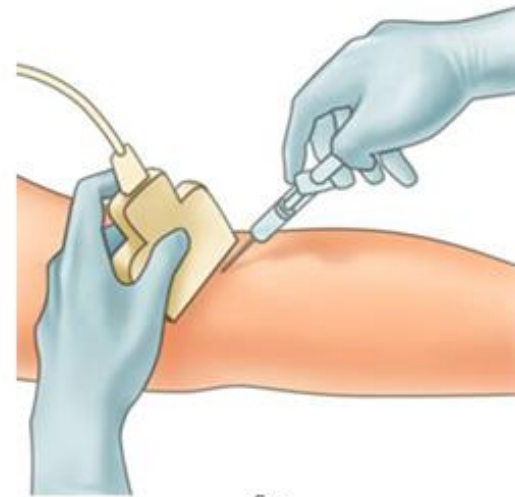
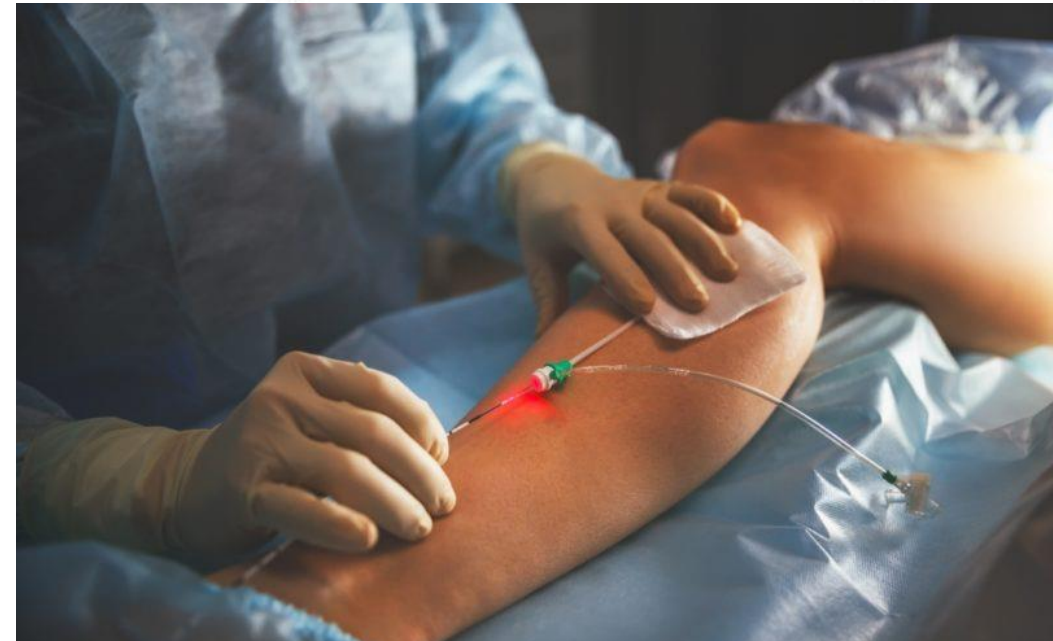


fig.1



fig.2





Side effects

- Sclerotherapy & Ablation
 - Redness or bruising (few days)
 - Brown areas where needle was inserted (few months)
 - Lumps/hardness (few months)
 - Bruising/discoloration (months)
- Stripping
 - Scarring
 - Skin burns
 - Infection
 - Nerve damage
 - Deep Vein Thrombosis (DVT)

Outcome

- Improved appearance
- Heaviness relieved
- Restless Leg Syndrome lessened
- May come back



Before



After