

# Varicose Veins

Each person has specific toxic exposures along with dietary and genetic weaknesses that are causing their symptoms. Toxic exposures can be inorganic like heavy metals, DDT, VOC's, Radio-active waste and any other chemical like food additives or pesticides and fertilizers sprayed on the foods. They can also be organic or living organisms like parasites, bacteria, viruses, or fungi. All the different possible combinations make it difficult to accurately address issues unless you have experienced medical professionals mapping through all your different clinical symptoms.

Dr. Marilyn Tucker founded The Vibrant Health Community to do Symptom Mapping to be able to bring a completely personalized plan for each person. When you join the Vibrant Health Community you have your own medical team of doctor, pharmacist and health coach. This Team specializes in Integrative-Complementary Medicine. They will work with your personal physician to bring you to a place of as much natural healing as your body will allow. For those of you that have health issues that require prescription medications, your Team can help introduce natural measures that can reduce the imbalances and complications that inevitably come with prescription medication. This can reduce side effects and possible additional drugs having to be introduced.

## Definition

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

## Alternative Names

Varicosity; Varicosis

## Causes, incidence, and risk factors

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.

Causes include congenitally defective valves, thrombophlebitis, and pregnancy. Prolonged standing and increased pressure within the abdomen may increase susceptibility to the development of varicose veins or aggravate the condition.

Primary varicose veins occur because of congenitally defective valves, or without a known cause. Secondary varicose veins occur because of another condition, such as occurs when a pregnant woman develops varicose veins.

## 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

## Signs and tests

The diagnosis is based primarily on the characteristic appearance of the legs when the patient is standing or is seated with the legs dangling. At times a physician may order a duplex ultrasound exam of extremity to see blood flow and characterize the vessels, and to rule out other disorders of the legs. Rarely, an angiography of the legs may be performed to rule out other disorders.

## Treatment

Treatment is usually conservative. The patient will be asked to avoid excess standing, elevate the legs when resting or sleeping, and to wear elastic support hose.

Treatment may be requested to improve the appearance. Surgery such as vein stripping and ligation (removal of the varicose vein), or sclerotherapy of veins (injecting with a solution that causes scarring, which closes the vein) may be recommended.

Vein stripping is a very extensive procedure, and it is usually reserved for patients who are experiencing a lot of pain or who have skin ulcers.

## Expectations (prognosis)

Varicose veins tend to worsen over time. Discomfort and progression may be lessened with self care.

## Complications

- Phlebitis (chronic inflammation of the vein)
- Formation of leg ulcers
- Rupture of a varicose vein

## Calling your health care provider

Call for an appointment with your health care provider if varicose veins are painful, or if they worsen or do not improve with self-treatment, such as keeping legs elevated or avoiding excessive standing.

Also call if complications occur, including a sudden increase in pain or swelling, fever, redness of the leg, or the development of leg ulcers.

## Prevention

Avoid prolonged standing if personal or family history indicates you are at risk of developing varicose veins.