



Chronic venous insufficiency happens when leg veins fail to pump blood back to the heart, causing blood to pool in the legs.

Symptoms

- Swelling in the legs or ankles
- Tight feeling or heaviness in the calves
- Itchy or painful legs
- Pain or discomfort while walking that improves with rest
- Brown-colored skin, typically around the ankles
- Visible varicose veins
- Hard-to-treat leg ulcers

- Restless legs syndrome, causing an uncomfortable urge to move the legs
- Painful leg cramps or muscle spasms

Causes and Risks

Causes and risk factors for chronic venous insufficiency include:

- Damage to vein valves due to aging or injury
- Obesity
- Pregnancy
- Family history of venous disease
- Prolonged standing or sitting
- Deep vein thrombosis (blood clots)
- Smoking
- Lack of physical activity



A treatment plan should be determined in consultation with a healthcare provider.

Talk to a Doctor

These symptoms can vary in severity and may indicate the presence of chronic venous insufficiency. Consulting a healthcare provider for a proper diagnosis and treatment plan is recommended if you are experiencing any symptoms or if you are experiencing other changes in the health of your leg. Early detection and management can help prevent complications and improve quality of life for those with chronic venous insufficiency.

Treatment

- Lifestyle modifications, such as elevating the legs, regular exercise, and wearing compression stockings to improve blood flow
- Medications to reduce inflammation and manage symptoms
- Minimally invasive procedures, such as endovenous ablation or sclerotherapy to close off damaged veins
- Surgical interventions, such as vein ligation or stripping for severe cases
- Supportive measures, which include wound care for ulcers and management of associated complications

A patient's specific treatment plan depends on the severity of the condition

and individual factors. The treatment plan should be determined in consultation with a healthcare provider.

Role of a Vascular Surgeon

A comprehensive evaluation by a vascular surgeon is necessary for an accurate diagnosis and to develop an appropriate treatment plan for chronic venous insufficiency. For diagnosis, a doctor typically conducts a thorough medical history and physical examination to assess symptoms and risk factors. The patient might also be referred for a duplex ultrasound, which evaluates blood flow and vein structure. Other imaging tests may be used to further assess vein health and function.

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