



## What is May Thurner Syndrome?

**May Thurner syndrome** happens when a large vein, called the iliac vein, in your left leg gets squeezed or pinched. The veins in your legs carry blood from your feet back up to your heart, but when the iliac vein gets pinched, blood can't flow like it should. This blockage can make your leg hurt and swell.

## What to Look Out For



If your iliac vein is pinched, your leg might feel heavy or you might see bumpy veins, swelling or changes in your skin color.



If your left iliac vein is pinch worsens, it could lead to a blood clot in your left leg. This makes your leg suddenly swell, hurt, and change color. May Thurner syndrome usually affects the left leg, but sometimes the right leg can have similar problems, too.

## Causes and Risks

May Thurner syndrome is more common in women and can be more likely to happen based on pregnancy, history of blood clots, obesity, sitting or standing for long periods of time, or a family history of May Thurner syndrome.



## Recognizing May Thurner Syndrome

Doctors usually find out if you have May-Thurner syndrome by taking images of your pelvis with a CT scan or MRI in a hospital or imaging lab. Sometimes they do other tests, like a venogram, or an ultrasound inside the vein, to make sure.

## Role of a Vascular Surgeon



Vascular surgeons work with other doctors to treat patients who have May Thurner syndrome. Vascular surgeons are the only specialists trained to recognize and treat the full spectrum of vascular diseases.

If your symptoms are really bad, a vascular surgeon might put a stent in your iliac vein.

## Treatment

If you have May Thurner syndrome but don't have symptoms, you usually don't need treatment. If your symptoms are mild, you might just need to wear compression socks.

If your symptoms are really bad, you might need a procedure. The most common procedure is when doctors, typically a vascular surgeon, put a stent (a small tube that keeps the vein open) in your left iliac vein to open up the blockage. This is a small procedure where doctors only use needles, wires, and thin tubes called catheters to restore blood flow. If you get a blood clot in your leg, a vascular surgeon will do a procedure called a thrombectomy to take the clot out.