



What is Pelvic Congestion Syndrome?

Pelvic Congestion Syndrome (PCS) is when the veins in the lower stomach get bigger and twisted. Instead of blood circulating from the stomach to the heart, PCS causes blood to collect in the pelvic area, which can be painful. PCS is connected to pregnancy and can continue even after the baby is born.

What to Look Out For

You may have PCS if you experience:

- Lasting pelvic pain: A dull, achy pain that stays with you and sometimes gets sharp
- Varicose veins: Bumpy, twisted veins you can see on your thighs, buttocks, or vaginal area
- Pain after sex
- Fullness or heaviness
- Bladder problems: You need to pee more often or feel like you have to go right away
- Painful periods: Your menstrual periods hurt more than normal
- Backache: Pain in your lower back

Causes and Risks

Doctors don't fully understand what causes PCS, but some things can make it more likely to happen:

- Pregnancy: Having more than one baby or carrying large babies puts extra stress on the veins in your pelvis
- Hormone imbalance: When your hormones aren't balanced, it can make the walls of your veins weaker
- Family history: If other people in your family have varicose veins, you're more likely to get PCS

Recognizing Pelvic Congestion Syndrome

To find out if you have PCS, doctors usually do these tests in a hospital or imaging lab:

- Pelvic ultrasound: This scan looks for varicose veins in your pelvis
- Venography: This is an X-ray test where doctors inject a special dye into your veins so they can see how blood flows and check if the valves are working right
- CT scan or MRI: These tests take detailed pictures of the veins in your pelvis

Role of a Vascular Surgeon



Vascular surgeons are the only specialists trained to recognize and treat the full spectrum of vascular diseases. Vascular surgeons are equipped to recognize and treat PCS. They work together with gynecologists to create treatment plans that fit each patient's symptoms and how serious their condition is.

Treatment

There are many ways to treat PCS. Some are simple changes you can make at home, while others need a doctor's help. Treatment options include:

- ✓ Lifestyle changes to lose weight if needed
- ✓ Increased movement so you aren't standing or sitting in one place for too long
- ✓ Pain relief medicine
- ✓ Hormones that slow down blood flow and decrease pressure in the veins
- ✓ Procedures where doctors close the problem veins (called sclerotherapy or embolization)

Make sure to visit your doctor regularly. They will check how you're doing and change your treatment if needed.