



OBSERVATIONAL STUDY OF PREVALENCE OF VARICOSE VEINS IN TERTIARY CARE CENTRE OF JHARKHAND

General Surgery

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ABSTRACT

Introduction: Varicose veins cause a great deal of morbidity in our population today. They are part of the penalty we pay for the adoption of the erect posture. They affect 10–20% of population in the Western world but in India, it affects about 5% of the population. Varicose veins do not threaten life and are seldom disabling, but they cause a considerable demand on medical care. They are the cause of morbidity and loss of precious work hours and a significant financial burden on the health-care system. **Aims and Objective :** To study the epidemiological factors with respect to age, sex, and clinical profile in patients of varicose veins. **Materials and Methods:** A total of fifty cases of were examined in Rajendra Institute of Medical sciences, Ranchi. All patients underwent detailed clinical examination followed by color Doppler ultrasound. **Results:** In our study, out of 50, 5 patients were females and 45 patients were males. Maximum patients were in age group of 45-54 years. Majority of patients had involvement of great saphenous vein (GSV). **Conclusion:** Unlike the western world, majority of patients presenting with varicose veins were males. Obesity and increasing age are important risk factors for development of varicose veins. Usg color Doppler was found to diagnose varicose veins more easily than clinical evaluation.

KEYWORDS

Varicose, Doppler, Veins

INTRODUCTION

Varicose veins are defined as dilated, tortuous, subcutaneous veins ≥ 3 mm in diameter. Varicose veins do not threaten life and are seldom disabling, but it causes a considerable demand on medical care. It is the cause of morbidity and loss of precious work hours and a significant financial burden on the health-care system. It is a penalty we pay for adoption of the erect posture. It affects 10–20% of population in the Western world but in India, it is 5%. They can be primary where the defect lies in the walls or the valves of superficial venous system/perforating veins. Secondary varicose veins are due to the obstruction in venous flow such as deep vein thrombosis (DVT), pregnancy, and tumor. Various predisposing factors of varicose veins have been implicated such as pregnancy, prolonged standing, obesity, old age and chronic rise in intra-abdominal pressure. Heredity also plays an important role.

AIMS AND OBJECTIVES

The Aims Of This Study Are To Study The Epidemiological Factors Such As Age And Sex, And To Study The Clinical Profile According To The Ceap Classification Of Varicose Veins.

MATERIAL AND METHODS

- Type of study - observational study
- Number of patients included in this study—50 patients
- Period of study—October 2019 to September 2021
- Place of study – Rajendra Institute of Medical Science, Ranchi

RESULTS AND OBSERVATION

TABLE 1 : SEX DISTRIBUTION

SEX	NUMBER OF PATIENTS	PERCENTAGE
MALE	45	90%
FEMALE	5	10%

In our study, out of 50 patients only 5 were females whereas rest of them were males.

TABLE 2 : SEX DISTRIBUTION

Age Group (in years)	No. of patients	Percentage
15-24	1	2
25-34	5	10
35-44	13	26

45-54	21	42
55-64	10	20

In our study, majority of the patients belonged to age group of 45 to 54 years (42%)

- Out of the total sample of 50 patients, 44 had varicose veins in unilateral lower limb whereas six of them had varicose veins in bilateral lower limbs.
- 36 patients (72%) had a history of prolonged standing.
- Out of 50 patients, 32 patients had the involvement of only great saphenous vein (GSV), while only short saphenous vein (SSV) was involved in 6 patients. Both GSV and SSV were present in 12 patients.
- Out of 50 patients examined, 40 patients had incompetent saphenofemoral junctions (SFJs) on clinical examination while 10 patients had competent SFJ
- Out of 50 patients examined, 40 patients had incompetent saphenofemoral junctions (SFJs) on clinical examination while 10 patients had competent SFJ
- On color Doppler study, 45 patients had incompetent SFJ while only 5 patients had competent SFJ

SUMMARY AND CONCLUSION

- In this study we conclude that in Jharkhand varicose veins is found mostly in males (90%) as compared to females.
- The most common age group affected is 45 – 54 years.
- It is found mostly in patients who are exposed to prolonged standing
- We also conclude that color Doppler is superior to clinical examination for evaluation of incompetence of valves.

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