INTRODUCTION

Lower limb varicose veins are dilated, tortuous, elongated veins on the skin surface, especially in the calf. These can cause minor cosmetic problems in the young individuals or venous ulceration in the elderly. Treatment for varicose veins, including laser therapy, injection sclerotherapy and surgery changes depending on the cause and severity of the varicose veins. However, local recurrence and incomplete treatment remain a clinical challenge.

Preoperative assessment of lower limb varicose veins is especially important for planning the treatment choice. With the introduction of ultrasound (US), ultrasonic venous duplex examination (UVDE) of primary and secondary varicosities has become a promising modality for preoperative evaluation.

Clinical assessment based solely on the division of the venous abnormality can suggest a pattern of incompetence. Unfortunately, because several different patterns of incompetence may lead to similar appearance of abnormalities, treatment decisions based only upon clinical evaluations are often burdened with errors. Thus, it is strongly suggested that all patients undergo evaluation for lower extremity varicose veins, edema, or venous skin changes (CEAP clinical stage 2–6) go through an ultrasound study of the superficial venous system to determine the pattern or patterns of incompetence prior to making treatment recommendation.

MATERIALS & METHODS:

Study Design: This is a prospective descriptive study. Study period: One year. Study Area: Tertiary care Hospital. Sample size: with the convenient sampling methods

Patients:

Duplex ultrasonography scanning along with clinical examination of 250 patients was done. 128 patients were referred for bilateral lower limbs examinations (256 limbs) and 122 patients were referred for unilateral lower limb examination (122 limbs). Hence, a total of 378 lower limbs with possible chronic venous insufficiency were examined.

Study tool: Following tools were used-

1. Pre-designed, Semi-structured Questionnaire which included General information about patient, clinical examination findings.
2. Colour Doppler and Duplex scan findings.

Doppler duplex scanners (Siemens X-100) was used. All studies were performed on one unit.

RESULTS:

Total of 378 limbs in 250 patients were examined. Of these, 175 (70%) were males and 75 (30%) were females. 5 (2%) patients were less than 20 years old, 80 (32%) patients were between 20-40 years old and 165 (66%) patients were more than 40 years of age.
REFERENCES: