

# Venous Reflux Study

**Venous reflux disease, also known as venous insufficiency, is a medical condition affecting the circulation of blood in the lower extremities. The tiny valves that normally force blood back up towards the heart no longer function, causing blood to pool up in the legs, and the veins of the legs become distended.**

**Venous reflux disease commonly produces varicose veins, the abnormally swollen and discolored superficial leg veins that affect more than 25 million Americans. Varicose veins can range from small, thin purple lines just under the skin (known as “spider veins”) to thick, bulging veins that can protrude well beyond the skin surface. In any form, varicose veins serve as indicators of venous reflux, a progressive disease that can cause significant circulatory problems as it worsens.**

## Venous Reflux Symptoms

Symptoms include leg aches, fatigue, discomfort, swelling, itching, burning and cramps, especially at night. You may see small spider veins and/or the more dramatically enlarged and bulging varicose veins. Many people have symptoms without anything visible, but no matter what your symptoms are, your quality of life is probably affected. You don't participate in the activities you love; you don't wear the clothes you like; you may have two sets of shoes so that you have one pair for morning and another pair for the afternoon when your feet are swollen. You probably can't stand on your feet all day like you used to. Aching in your legs may interrupt your sleep, making you feel tired and sluggish throughout the day.

## Venous Reflux Diagnosis

As mentioned earlier, symptoms often include leg fatigue (worse at the end of a day), swelling, itching and cramping (often during the night.) Many people have a combination of these symptoms without having the obvious visible signs of varicose veins.

Diagnosis is based on a combination of symptoms, a physical exam and, most importantly, an ultrasound (sound wave) test of the deep and superficial veins in your legs. This is a non-invasive test that can quickly and easily be performed in the office.

## Preparing for the Screening Test

- Drink plenty of water the day of your screening
- Wear comfortable warm clothing
- Discuss any questions or concerns with your doctor or his/her staff prior to your scheduled appointment.