

Chronic venous
disease –
maybe the story of
your legs

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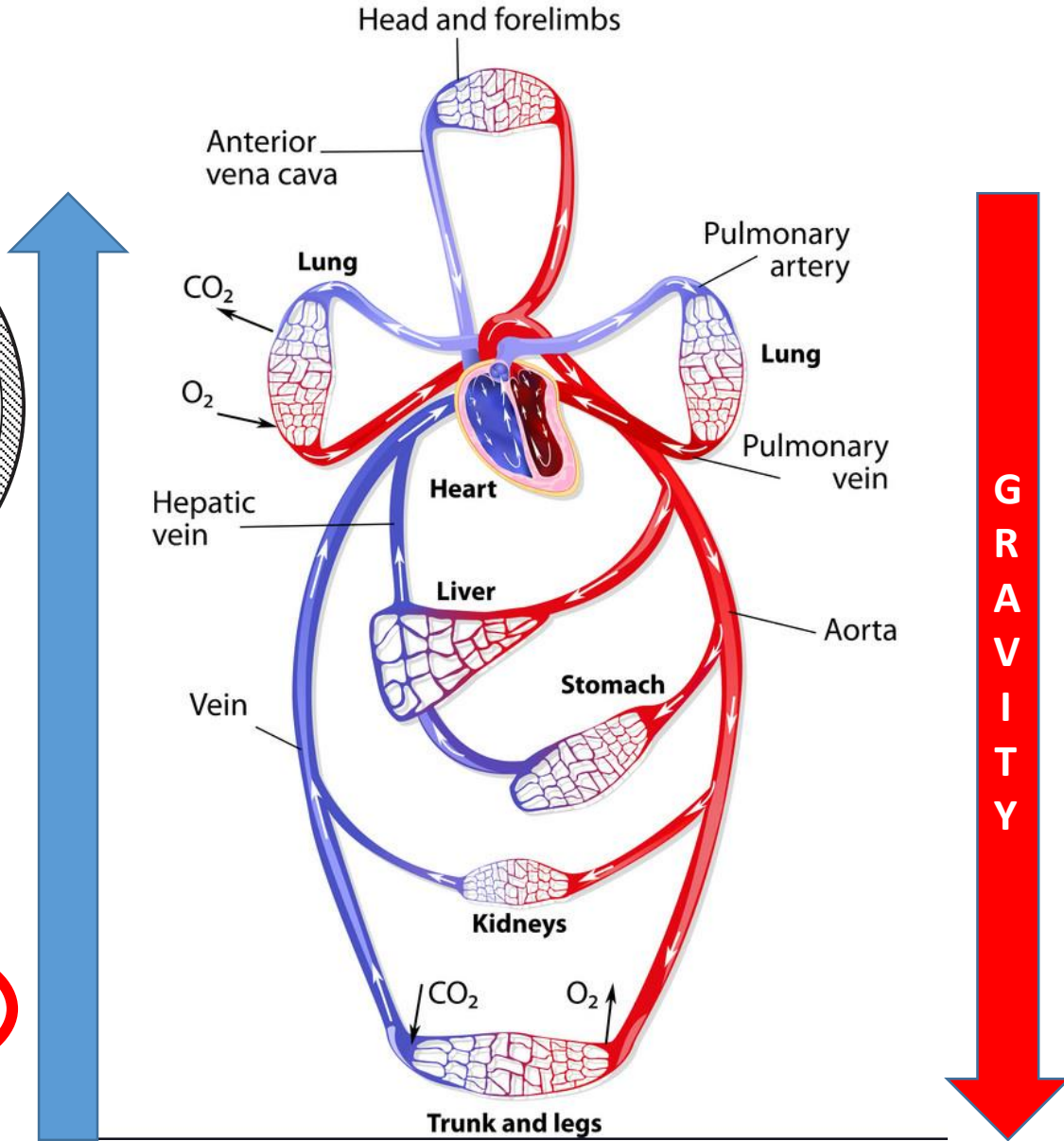
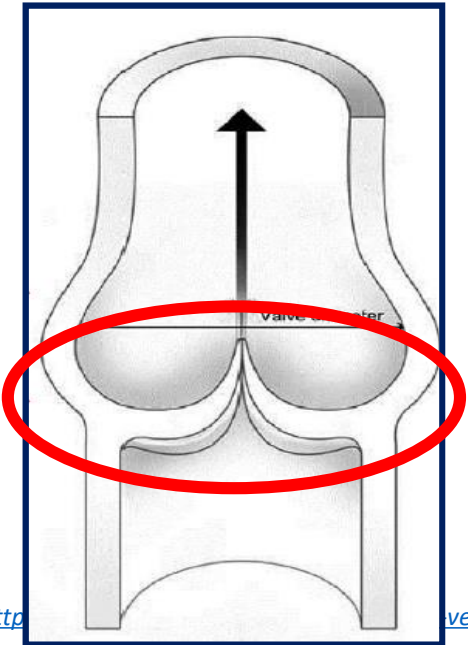
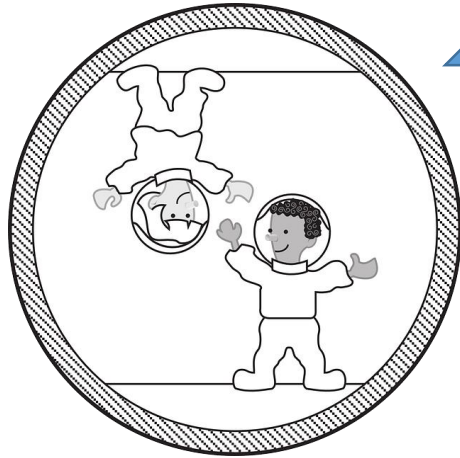
Distribuovaná Klinika s.r.o., Praha

Dermal Centre Mělník





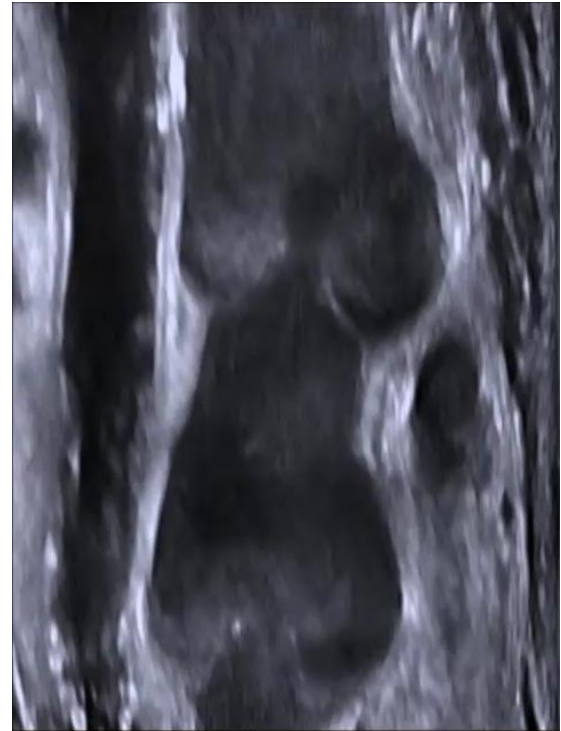
HUMAN CIRCULATORY SYSTEM



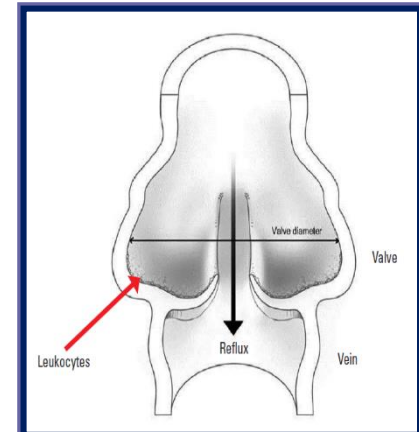
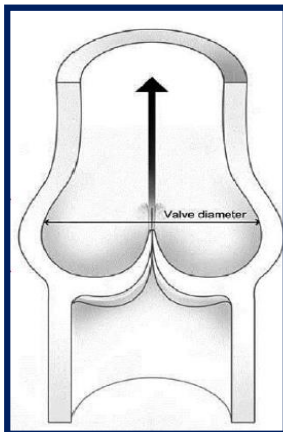
Laminar flow - normal functioning valves



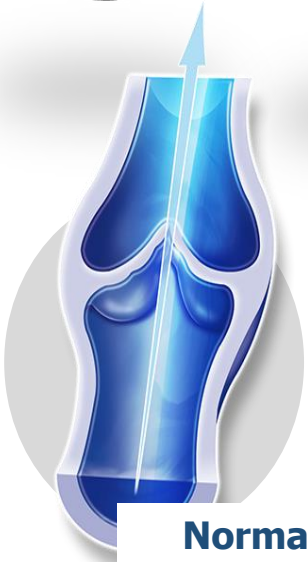
Turbulent flow - insufficient valves, reflux



Duplex scan: MUDr. Petra Zimolová



Non-visible or palpable signs of venous diseases



Normal healthy vein



Transient reflux

Telangiectasias or reticular veins

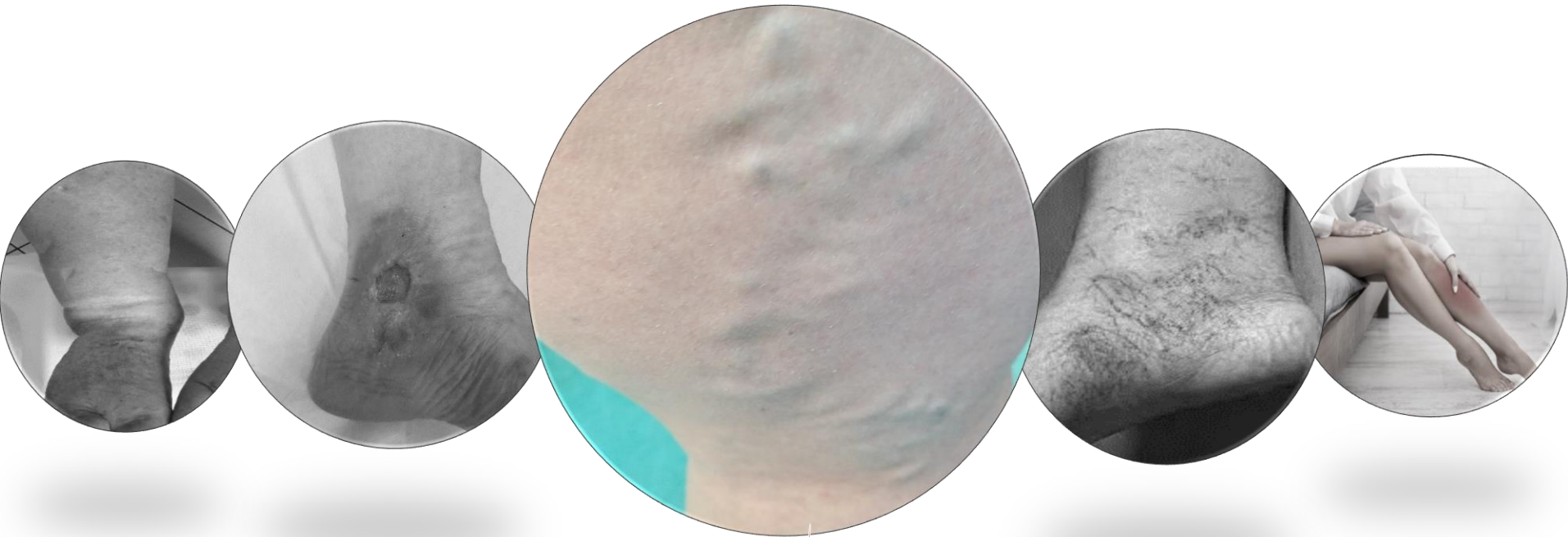


- Manifestations on the thighs, lower legs
- A **mild stage** of CVD
- Preventive measures are effective against progression

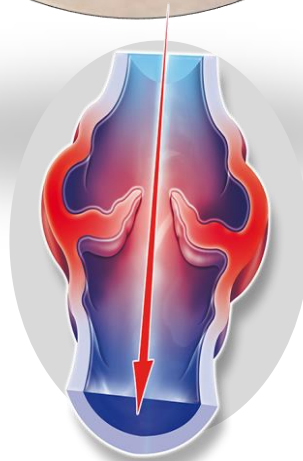


Transient reflux

Varicose veins

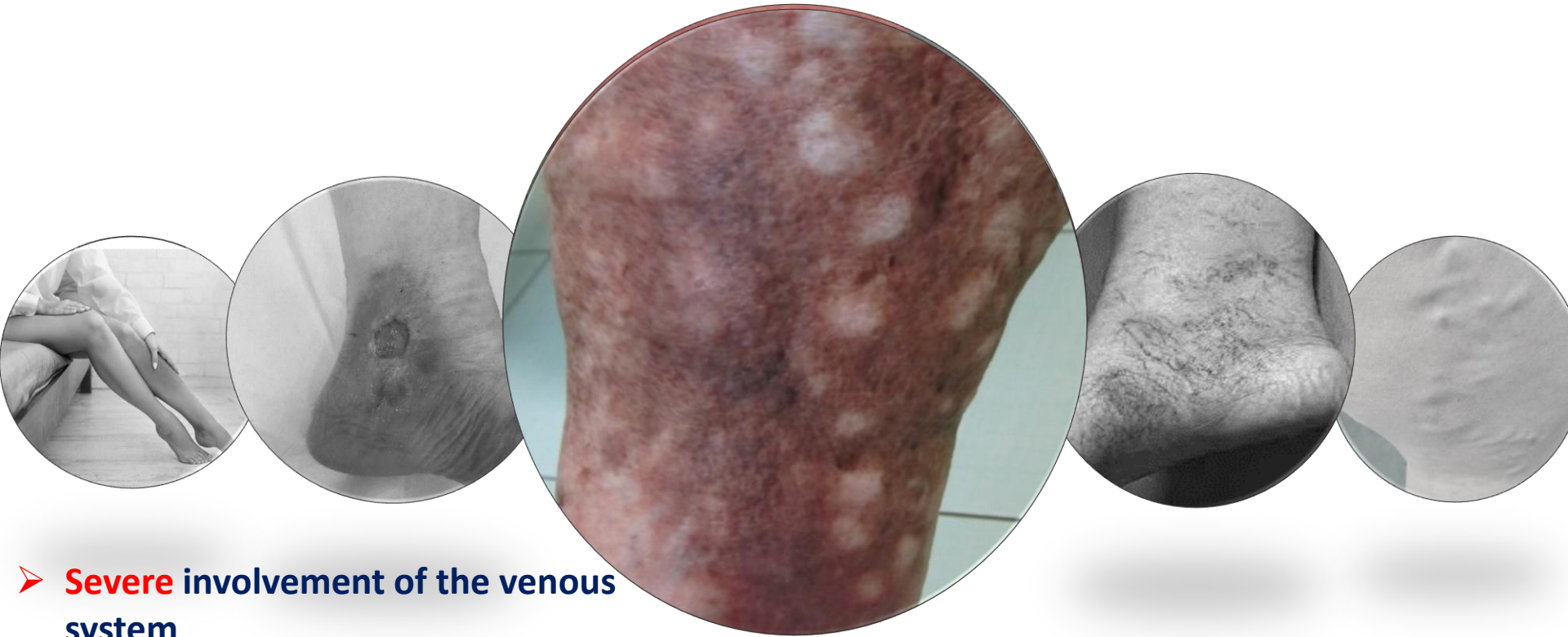


- **Advanced stage of CVD**
- **Non-negotiable** examination at a specialized outpatient clinic and an angiologist

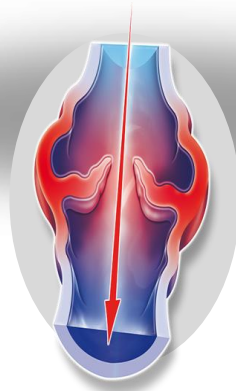


Persistent reflux

Edema, changes in skin and subcutaneous tissue secondary to chronic venous disease



- **Severe** involvement of the venous system
- **Irreversible** changes in the veins and skin
- **A non-negotiable** examination at a specialized outpatient clinic and an angiologist

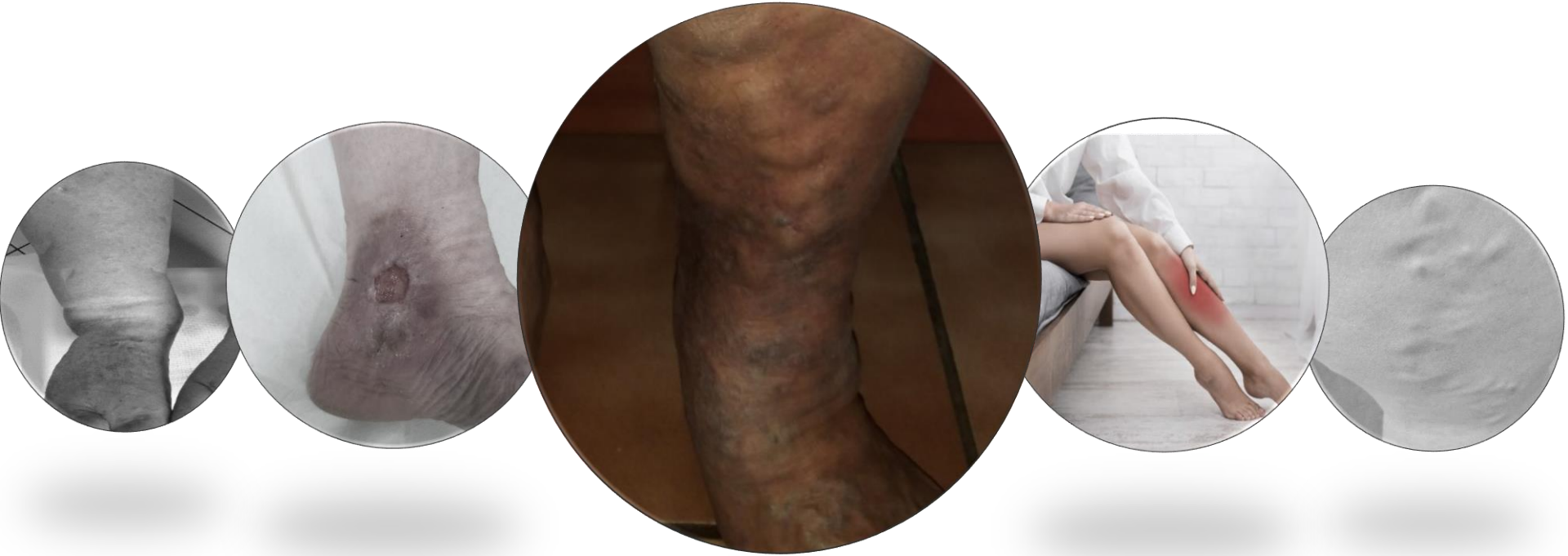


Persistent reflux

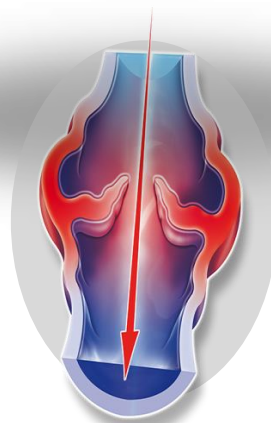
Corona phlebectatica

(microvaricose veins in the foot area)

Healed leg ulcer



- **Severe** involvement of the venous system
- **Significant** hemodynamic changes in the veins

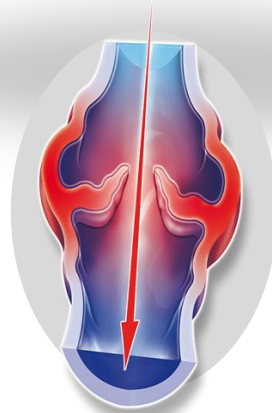


Persistent reflux

Active venous ulcer



- **Severe** involvement of the venous system
- **Significant** hemodynamic changes in the veins
- If the treatment is not followed, the wound may take a **long time to heal**, and even after healing, it often **recurs**.



Persistent reflux

**Decreased quality of life,
which is compared to
cardiac disease in in
higher stages of CVD.**



- Pain
- Feeling of tension
- Burning
- Itching
- Paresthesia
- Feeling of heavy legs
- Feeling of restless legs
- Convulsions
- Edema...

Relief of symptoms such as heavy legs, pain, restless legs, etc. by elevating the lower limbs, walking and shower with cold water

- Pain
- Feeling of tension
- Burning
- Itching
- Paresthesia
- Feeling of heavy legs
- Feeling of restless legs
- Convulsions
- Edema...





**What are the
risk
factors?**





Age

Female gender

Overweight
and obesity

Sedentarism
(prolonged sitting
and prolonged
standing)

Multiple pregnancies

Previous DVT

**Deep vein thrombosis (DVT)
in the past**

Family history of
CVD

Smoking



Age

Sedentarism
(prolonged sitting
and prolonged
standing)

Family history of
CVD

Overweight and obesity

Female gender (multiparous
woman)

Previous DVT

Smoking



Age

Smoking

Overweight
and obesity

Sedentarism
(prolonged sitting
and prolonged
standing)

Previous DVT

Family history of
CVD

Female
gender
(multiparous
woman)



Age

Overweight
and obesity

Sedentarism
(prolonged sitting
and prolonged
standing)

Poor diet

Previous DVT

Unhealthy lifestyle

(lack of movement, lack of sleep, overeating)

Smoking

Family history of
CVD

Female
gender
(multiparous
woman)



Age

Overweight
and obesity

Female
gender
(multiparous
woman)

Sedentarism (prolonged sitting and prolonged standing)

Previous DVT

Lack of movement

Smoking

Family history of
CVD



Sedentarism
(prolonged sitting
and prolonged
standing)

Overweight
and obesity

Advanced age

Previous DVT

Female
gender
(multiparous
woman)

Smoking

Family history of
CVD



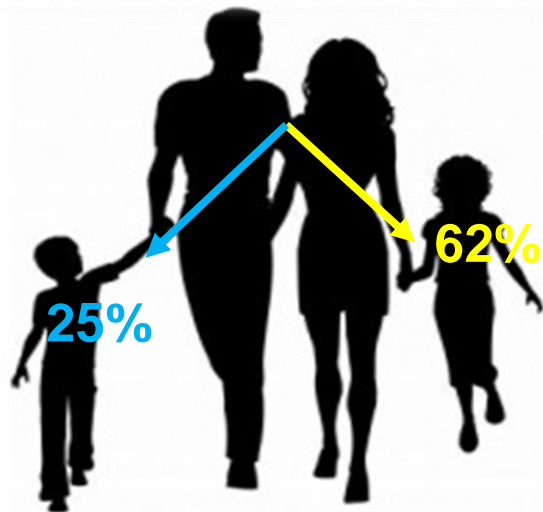
Sedentarism
(prolonged sitting
and prolonged
standing)

Family history of CVD

Overweight
and obesity

Previous DVT

Smoking



If both parents have CVD, there
is a **high chance** that their
children will inherit CVD

Treatment of chronic venous disease



As soon as possible,
ideally **at the first signs** of
symptoms.

Treatment of chronic venous disease must be combined and comprehensive

- Lifestyle modification
- Regular exercise



- Compression therapy



- Surgical treatment



- Venoactive drugs

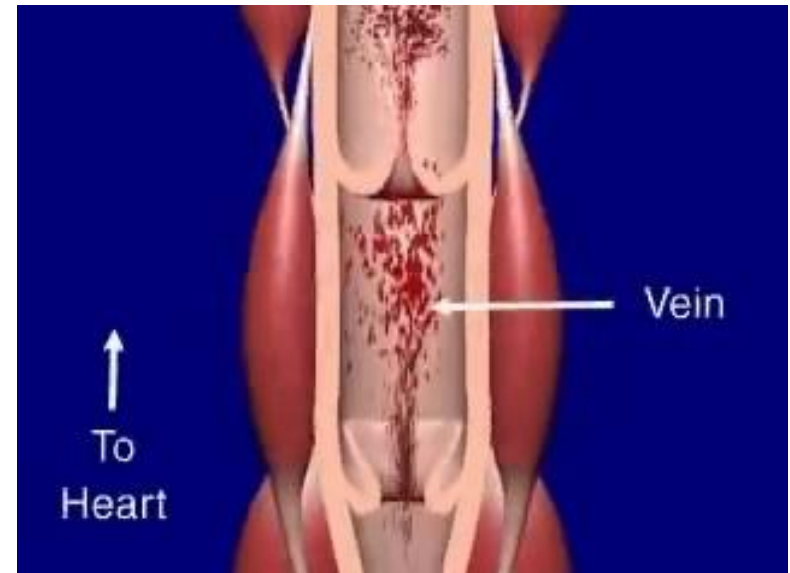


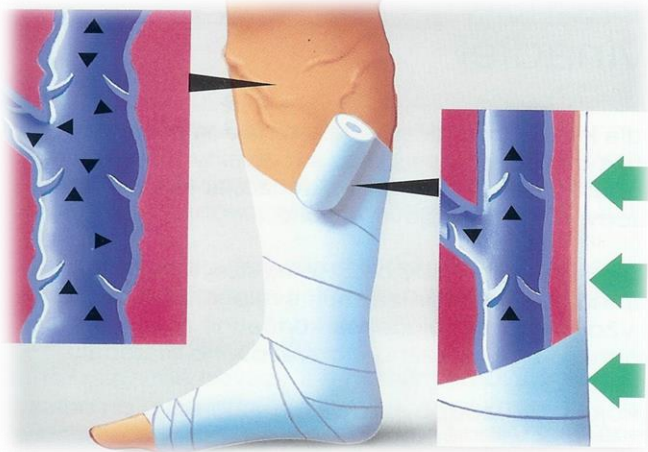


- ✓ **Move** your feet at all times
- ✓ **Do sports** regularly (walking, swimming, cycling...)
- ✓ **Avoid** direct exposure to **heat**
- ✓ Prefer lower temperatures
- ✓ **Avoid** being **overweight**
- ✓ Prefer looser clothes
- ✓ Wear shoes with **low heels**
- ✓ **Avoid prolonged** standing and sitting
- ✓ **Elevate your legs** on a soft mat as often as possible

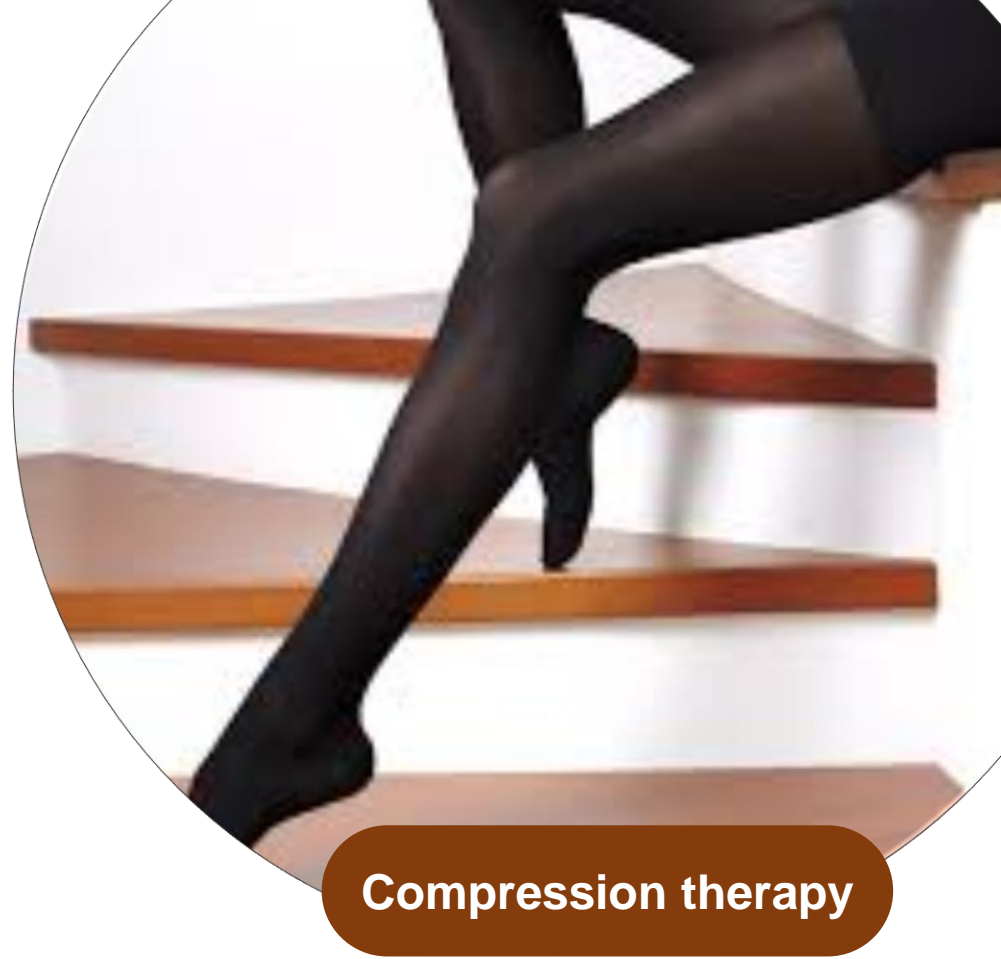


Lifestyle modification





Correct compression is key to support the return of venous blood to the heart (+ anti-edema, anti-inflammatory effect)



**Medicines positively
influencing the
activity of the
venous system**

**Regular and long-
term use is
important**

**Use of venoactive
drugs**



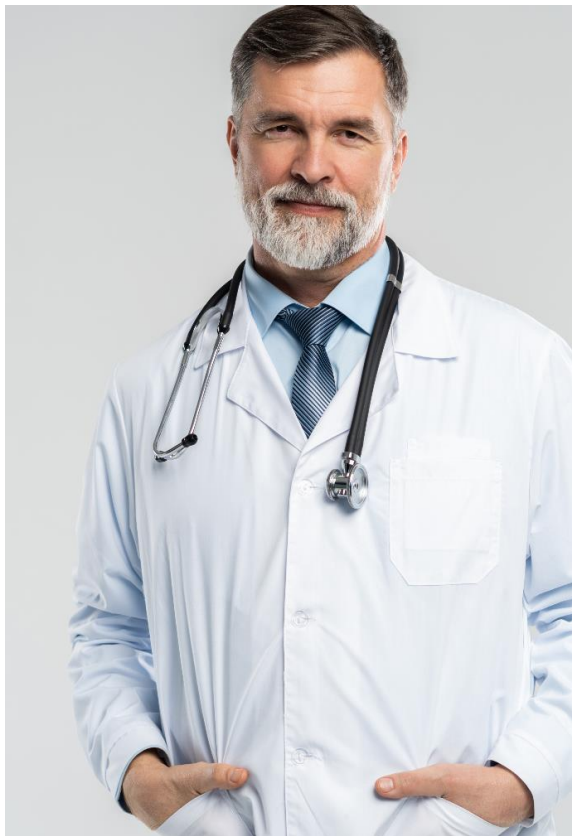


Surgical
procedures on
veins **do not**
solve the
cause of
venous
disease

Surgical treatment



Healthy lifestyle



Consult your doctor for any symptoms you experience (general practitioner, angiologist, dermatologist, vascular surgeon)



Compression therapy

Use of venoactive drugs



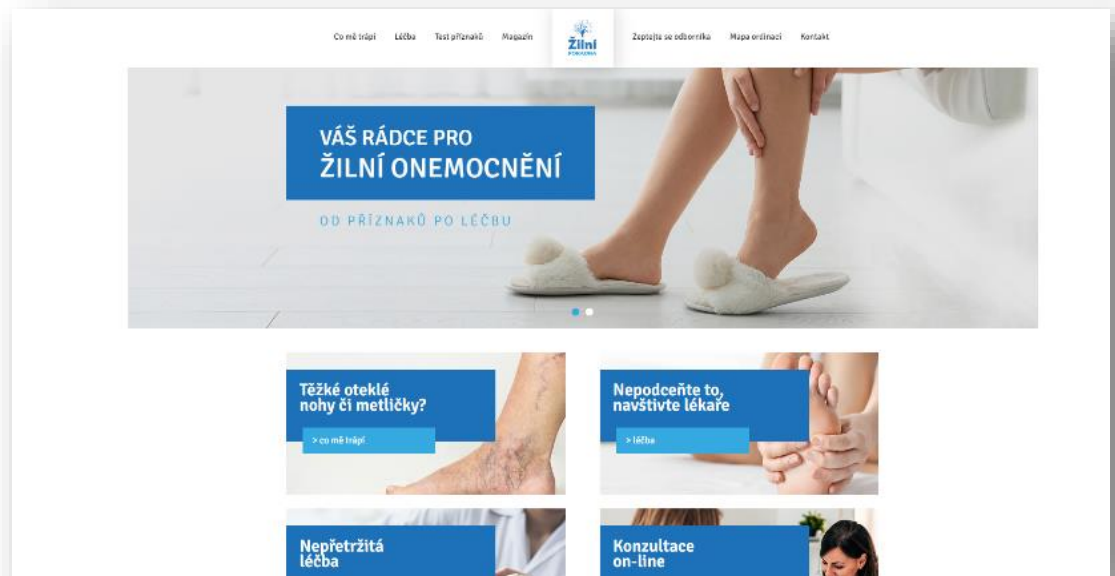
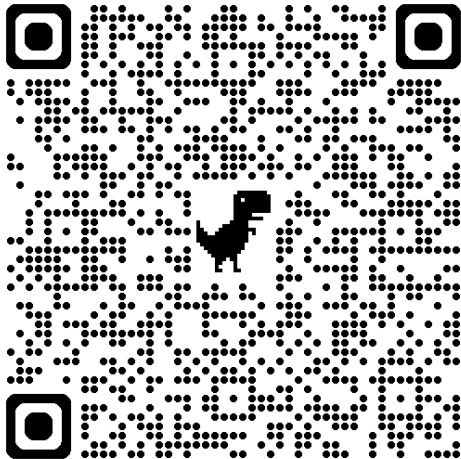
Surgical treatment

Other



Web Žilní poradna

- About venous diseases and their treatment
- Symptoms test
- Expert articles and tips
- Consultation with experts
- List of specialist clinics



Recognition of symptoms and signs in the early stages of CVD and appropriate treatment approaches

lead to prevention of progression of venous disease and improve quality of life.



Every **little step** towards
better health **is a victory.**
Don't wait for the perfect
moment, **start today!**



Step by Step
Step by Step
Step by Step
Step by Step
Step by Step

I wish you wonderful days filled with
joy and happiness 😊

