Superficial Venous Insufficiency: More than Just a Cosmetic Problem

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Disclosures

Speaker’s Bureau:
• Medtronic

Honorarium:
• Medtronic

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Venous Insufficiency

Inability of the vein in the lower extremities to transport blood back to the heart.
THIS IS NOT JUST A COSMETIC DISORDER!!
HOTTEST TOPIC IN CARDIOVASCULAR MEDICINE TODAY!!
How important is this disorder?

• Most prevalent
• Most ignored
• Most misdiagnosed
Nearly 40 Million people suffer from venous reflux disease and varicose veins
Venous Reflux disease is 5x more prevalent than PAD, 2x more prevalent than CAD
• Detoxified by Liver
• Cleared or filtered by kidneys
• Oxygenated and CO$_2$ removed by lungs
• Not cleared of dying red/white blood cells by spleen
• Venous hypertension
• Leukocyte trapping
• Release of proteolytic enzymes
• Destruction of CBM
• Leakage of plasma proteins
• Tissue hypoxia
• Dermatitis and lipodermatosclerosis
True Vascular Disorder

- Pain
- Swelling
- Itching
- Leg cramps
- Heaviness
- Throbbing
- Restless legs
- Ulcerations
- COSTS
Venous Ulcers

- Venous ulcer, also known as stasis ulcer, is the most common etiology of lower extremity ulceration, affecting approximately 1 percent of the U.S. population.
- Classification of a non-healing wound is one that fails to spontaneously heal within 3 months.
- The refractory nature of these ulcers increase the risk of morbidity and mortality, and have a significant impact on patient quality of life.
- The financial burden of venous ulcers is estimated to be $2 billion per year in the United States.
If you have a non-healing wound in your leg, nearly 90% will be due to venous insufficiency.
Myths

• “This is only a cosmetic disorder”
• “Nobody knows much about this”
• “This is not covered by insurance”
• “The only way to fix it is painful, extensive surgery”
• “My doctor says not to worry about it”
Referral to a REAL specialist will lead to resolution and cure of chronic issues:

- Pain in legs
- Cramps
- Restless legs
- Chronic dermatitis
- Healing of chronic ulcers
- Increased productivity
- Elimination of unnecessary meds
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