**Venous Health History**

**Patient Name: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_**

**History**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **History** | **Yes** | **No** | **Side Affected** | **Details** |
| Vein stripping surgery |  |  | R / L / Both |  |
| Vein injections |  |  | R / L / Both |  |
| Any other vein procedure? |  |  | R / L / Both |  |
| Blood clots  |  |  | R / L / Both |  |
| Phlebitis (tender vein) |  |  | R / L / Both |  |
| Family history of Veins swelling/clotting disorder? |  |  |  |  |
| History of miscarriages |  |  |  |  |
| Heart problems |  |  |  |  |
| Kidney problems |  |  |  |  |
| Lung problems |  |  |  |  |
| Lymphedema |  |  |  |  |
| Weight change over past decade |  |  |  |  |
| Injury or surgeries to leg |  |  | R / L / Both |  |
| Previous Leg Ultrasounds/CT/MRI? |  |  |  |  |

**Patient signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Other Venous Symptoms**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Leg Symptoms** | **Yes** | **No** | **Side Affected**  | **Details** |
| **Heaviness** |  |  | R / L / Both |  |
| **Tiredness/fatigue** |  |  | R / L / Both |  |
| **Cramping/throbbing**  |  |  | R / L / Both |  |
| **Itching/burning** |  |  | R / L / Both |  |
| **Numbness/tingling** |  |  | R / L / Both |  |
| **Restless Leg Feeling** |  |  | R / L / Both |  |
| **“Neuropathy” history** |  |  | R / L / Both |  |
| **Symptoms worsening?** |  |  | R / L / Both |  |
| **Do you take meds for your legs?** |  |  |  |  |
| **Do you elevate your legs at night?** |  |  |  |  |
| **Do you exercise?** |  |  |  |  |
| **Your profession?**  |  |  |  |  |
| **How long do you stand in a day?**  |  |  |  |  |
| **Do symptoms impact Quality of Life?**  |  |  |  |  |
| **Do symptoms impact day to day activities?** |  |  |  |  |
| **How did you hear about us?** |  |  |  |  |
| **Any other relevant info** |  |  |  |  |

**Patient signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**VCSS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Item** | **Absent (0)** | **Mild (1)** | **Moderate (2)** | **Severe (3)** | **Side Affected**  |
| **Pain or Ache** | None | Occasional | Daily | Daily limiting | R / L / Both |
| **Visible Varicose veins** | None | Few | Calf or thigh | Calf and thigh | R / L / Both |
| **Leg Swelling**  | None | Foot and ankle | Up to Knee  | Above Knee | R / L / Both |
| **Skin darkening** | None | At ankle | Up to lower calf | Above lower calf | R / L / Both |
| **Skin reddening** | None | At ankle | Up to lower calf | Above lower calf | R / L / Both |
| **Skin thickening** | None | At ankle | Up to lower calf | Above lower calf | R / L / Both |
| **Number of Ulcers**  | None | 1 | 2 | >3 | R / L / Both |
| **Ulcer duration** | None | < 3 months | 3-12 months | > 1 year | R / L / Both |
| **Ulcer size** | None | < 2 cm (3/4 in) | * 1. cm (3/4 in – 2 in)
 | > 6 cm (> 2in) | R / L / Both |
| **Compression therapy** | None | Occasional | Most days | Every day | R / L / Both |

**Patient signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**FAQ**

**What is superficial venous reflux?**

Superficial venous reflux is a condition that develops when the valves that usually keep blood flowing out of your legs become damaged or diseased. This causes blood to pool in your legs. Common symptoms include pain, swelling, leg heaviness and fatigue, as well as varicose veins in your legs.

**What are the risk factors for superficial venous reflux?**

* Older age
* Family history
* Previous or present deep vein blood clots
* History of phlebitis
* Obesity
* Standing occupation
* Pregnancy
* Female gender

**What are the common symptoms of superficial venous reflux**?

* Pain or aching or throbbing or cramping in legs
* Leg heaviness and fatigue as the day progresses
* Swelling worse by end of day
* Varicose veins
* Spider veins
* Numbness, weakness (when other neurology workup has been negative)
* Restless legs
* Redness or brownish or blackish discoloration of ankles, lower legs

**Does this condition progress?**

Yes, it does progress throughout your life. As the disease has a genetic component, there is no ‘cure’. However, the condition can be controlled initially by lifestyle modifications in general, and later by office-based interventions which target and treat the veins with the diseased valves. Interventions also slow down the speed of progression of reflux disease.

**What are the treatments available and why should I consider them?**

|  |  |  |
| --- | --- | --- |
| **Lifestyle**  | **Surgical (rare)** | **Targeted procedures (office)** |
| Exercise or walk | Vein Stripping (hospital, rare) | Vein ablations  |
| Putting legs up at night  | Microphlebectomy (office) | Spider Vein injections |
| Weight loss |  | Large Vein sclerotherapy |
| Reduce salt |  |  |
| Compression stockings |  |  |