

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)	2-6 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		