

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 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	Targeted procedures (office)
Exercise	Vein Stripping (hospital, rare)	Vein ablations
Putting legs up to drain them	Microphlebectomy (office)	Spider Vein injections
Weight loss		Large Vein sclerotherapy
Reduce salt		