

Venous Hypertension Syndrome

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Description

Venous hypertension syndrome is a medical condition caused due to venous insufficiency, in which blood leaks downward due to the effect of gravity in the veins straining the walls of the vein. High pressure in the veins of the legs is called chronic venous hypertension syndrome. Venous hypertension may also be due to obstruction in the veins because of superficial venous reflux, obesity, previous venous thrombosis (blood clotting), or compression of abdominal or pelvic veins. The veins in the legs carry blood back to our heart, they have a one-way valve that keeps blood flowing backward condition i.e., Arteries carry blood away from the heart, while veins carry blood to the heart. If you have venous hypertension syndrome, the valves don't work as they should and some of the blood may go back down into your legs, which causes blood in the legs to pool. Symptoms of venous hypertension syndrome are swelling, pain, venous stasis skin changes, tenderness, and venous leg ulcers. Venous hypertension syndrome does not pose a serious health threat, but the condition can be disabling and cause pain. This type of syndrome usually occurs in men between the ages of 70 to 79 and women between the ages of 40 to 49 and is more common in pregnant women and who have a family history of the problem and the individuals who have had trauma to the leg through injury, surgery or previous blood clots are also more likely to develop this syndrome.

Other causes of venous hypertension syndrome include a blood clot in a deep vein of your leg, High blood pressure in the leg veins over a long time (due to sitting or standing for a long time), lack of exercise, phlebitis, and deep vein thrombosis. In most of the cases, women are more likely to get venous hypertension syndrome compared to men. Symptoms of venous hypertension syndrome may include varicose veins, heavy pain during walking, itchy painful legs

or tight feeling calves, swelling, leg ulcers, brown-colored skin (especially near the ankles), Swelling, or heaviness in the lower leg and ankle, and Itchiness. If you are left untreated, the pressure and swelling will burst the tiny blood vessels in your legs called capillaries, which will turn your skin reddish-brown near the ankles. It can lead to foot ulcers, further, it may get affected which can cause even more problems.

Treatment for venous hypertension syndrome may include medications, exercises, vein bypass, endovenous thermal ablation, ligation, vein transplantation, surgical repair, surgery, Sub-fascial Endoscopic Perforator Surgery, and Sclerotherapy. The main aim of all these types of treatment is to stop or to complete reducing of swelling and prevent leg ulcers. Based on your legs condition, age and symptoms, the doctor may suggest a combination of treatments. A small device is placed on the skin near the vein, the doctor can check and see how quickly and in what direction the blood vessels are flowing in your legs, with the help of sound waves. In addition to a complete medical history and physical examination, diagnostic procedures for venous hypertension syndrome may include X-rays or specific scans (to check the causes of swelling in your leg), vascular ultrasound or duplex ultrasound (it is a procedure to assess blood flow and structure of the legs vein and the term duplex refers to two modes of ultrasound i.e., vascular or duplex ultrasounds), venogram (it is used as an X-rays or intravenous contrast dye to check the veins as contrast dye causes the blood vessels to appear on the X-rays), and Doppler or B-mode.

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