ORIGINAL RESEARCH

60. Factors Influencing Varicose Vein Amongst the Local Population of Namakkal - A Cross-Sectional Study

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Background: Varicose veins are a part of the spectrum of chronic venous disease. Varicosity might be due to obstruction, valvular insufficiency and calf muscle pump malfunction. They are not only a cosmetic concern but can also lead to significant morbidity, including pain, edema, skin changes, and ulceration if left untreated. Globally, the prevalence of varicose veins varies between 10% and 30%, influenced by genetic, occupational, and lifestyle factors. Prolonged standing, elevated body mass index (BMI), and hereditary predisposition are among the most widely reported risk factors.

Aim: To assess the estimation of factor that influence the occurrence of varicose veins.

Methods:: This study will be conducted in the Department of General Surgery at Swamy Vivekanandha Medical CollegeHospital and Research Institute. Patients who are coming to the Out Patient Department(OPD) and are willing to be examined for research purposes will be a part of the study. A minimum of 50 cases will be included in this study. Patients with severe pain and complications like: DVT/associated atherosclerotic arterial diseases will be excluded from the study. Patients with varicose will be examined and interviewed physically. The parameters of the study Age, Gender, Hours of Standing (Occupation) BMI,Pregnancy,Hereditary} will be noted down and the findings will be analyzed statistically using Chi-Squared test, SPSS software to understand the prevalence of varicose vein depending on the factors influencing them.

Conclusions: The study is conducted to analyze the risk factors associated with varicose vein among the local population of Namakkal. Further counselling will be given to reduce the prevalence of varicose vein among the general public