

Awareness of varicose veins in the Shaqra region

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Introduction:

Varicose veins are abnormally swollen, tortuous, and prominent veins caused by insufficient venous valves leading to venous congestion and elevated venous pressure. Prolonged standing at work has been proposed to be an important risk factor for varicose veins. People are prone to have varicose veins due to prolonged standing, female gender, obesity, multiple pregnancies, and lack of physical activity. The aim of this study research was to assess the awareness of varicose veins among people in the Shaqra region, Saudi Arabia.

Methods:

This was a cross-sectional study conducted among the Shaqra region's people of both genders, extend for three months between May 2022 and July 2022. We distributed questionnaires via Google Forms through social communications and interviewed some people in public places.

Conclusion:

According to our research, we concluded that the rate of awareness about the factors that can lead to varicose veins among our people in the Shaqra region is as the following: 82.9% are aware, 13.2% are unaware, and 3.9% do not know. The awareness about the signs and symptoms that appear in varicose veins patients is as the following: 59.2% are aware, 16.2% are unaware, and 24.6% do not know.

References:

1. Busbaih Z, Almohammed Saleh AA, Alsulaiman AH, Almuhanna MA, AlKhawajah SH, Alsuwayjie SB. Risk Assessment of Varicose Veins Among Teachers in Al-Ahsa, Saudi Arabia. Cureus. 2022;14(6):e26125.
2. Dalboh A, Alshehri NA, Alrafie AA, Bakri KA. Prevalence and awareness of varicose veins among teachers in Abha, Saudi Arabia. J Family Med Prim Care. 2020;9(9):4784-4787.

Result:

The number of participants involved in this research study was 375, including 242 (64.53%) men and 133 (35.47%) women. We found that 33 participants had varicose veins, out of them 20 were women and 13 were men, and we also found the most commonly affected age group between 36 to 50 years.

222 out of 375 participants who have heard about varicose veins are educated, and out of 222 educated participants 138 men and 84 women.

155 out of 375 participants said there is a relation between varicose veins and lack of physical activity, and 12 out of 155 had developed varicose veins.

17 out of 20 women participants who developed varicose veins had a history of multiple pregnancies more than 3 times.

