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Obstetrics and Gynecology

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## Varicose veins / Spider Veins Questioner

### About Varicose Veins

Varicose veins are most often swollen, gnarled veins that most frequently occur in the legs, ankles and feet. They are produced by a condition known as venous insufficiency or venous reflux, in which blood circulating through the lower limbs does not properly return to the heart but instead pools up in the distended veins. More than 25 million Americans suffer from venous reflux disease. The symptoms can include pain and fatigue in the legs, swollen ankles and calves, burning or itching skin, skin discoloration and leg ulcers.

### About Spider Veins

Spider veins, also known medically as telangiectasia or venulectasias, are the mildest manifestation of venous insufficiency, similar to varicose veins but smaller. They are small, often tangled groups of tiny blood vessels just under the skin surface that frequently resemble spider webs or tree branches. They are generally red, blue or purple and are clearly visible, usually on the thighs, lower legs and face. Spider veins can sometimes cover large areas of skin, but they are a cosmetic problem only, rarely causing physical symptoms. At least a third of all women and a smaller percentage of men are believed to display the condition.

Date: \_\_\_\_\_

Patient's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Questioner

History

Do you have varicose veins? (Varicose veins are large, bulging veins) Yes No

Do you have spider veins? (Spider veins are thin, branching veins that lie just beneath the skin surface.) Yes No

Symptoms

Do you experience any of the following symptoms in your legs, ankles, or feet:

- |   |     |    |
|---|-----|----|
| Leg pain, aching or cramping  | Yes | No |
| Burning or itching of the skin  | Yes | No |
| Leg or ankle swelling   | Yes | No |
| Heavy" feeling in legs  | Yes | No |
| Skin discolorations or texture changes, such as above the inner ankle | Yes | No |
| Open wounds or sores, such as above the inner ankle                   | Yes | No |
| Restless Legs   | Yes | No |

Does anyone in your blood related family have varicose veins or been diagnosed with venous reflux? Yes  
No

- |   |     |    |
|---|-----|----|
| Have you had any treatments or procedures for your vein problems? | Yes | No |
| Has anyone in your blood related family had vein stripping?       | Yes | No |
| Do you stand for long periods of time, such as at work?           | Yes | No |
| Do you frequently engage in heavy lifting?                        | Yes | No |
| Have you had multiple pregnancies?                                | Yes | No |

Note: \_\_\_\_\_

Reviewed By: \_\_\_\_\_ Date: \_\_\_\_\_