

VARICOSE EXPANSION OF VENUES

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Abstract: *Varicose veins (varicose veins) are usually narrowed walls of the veins in the legs (the blood vessels that carry blood to the heart) and form nodules, which dilate and lengthen. Nodules are formed as a result of insufficiency of their valves due to pathology of the venous walls and / or genetic defect. Varicose veins are similar in men and varicose veins in women.*

Varicose veins occur in the following places:

- In the lower part of the legs;
- In the stomach and esophagus;
- In a small bowl;
- In the testicles and seminal vesicles.

The article discusses the most common site of the disease - varicose veins in the legs.

Today, varicose veins are one of the most common diseases, affecting one in three women and one in ten men. According to statisticians, the disease usually occurs in the age group of 30-40 years.

MAIN CAUSES OF VARICOSE DEVELOPMENT:

A lifestyle or occupation associated with strenuous exercise, prolonged standing in one position (standing or sitting), or constant high temperatures in the environment;

Significant increase in body weight;

Hereditary (genetic) predisposition;

Hormonal effects (pregnancy and taking hormonal drugs).

SECONDARY CAUSES OF VARICOSE DEVELOPMENT

Barriers to blood flow through veins. Examples of such obstructions are thrombosis or tumors.

Stress and nervous disorders. They affect the condition of the arteries. There are nerve endings in the walls of the arteries that provide their tension (tone). When they are under pressure, exposed to various toxins and alcohol, they lose their vascular tone and dilate.

Arterial-venous anastomoses. Such anastomoses can form due to pressure in the area of arterial blood cell flow.

Sports tension. The risk group includes those who like to lift weights, such as barbells. If there is a tendency to varicose veins, it is forbidden to strain the legs with excessive strenuous exercise and lift weights.

Uncomfortable clothes and shoes. Too tight clothing, such as tight pants, can cause varicose veins. In addition, narrow and high-heeled shoes are also harmful. Wide heels should be preferred when choosing shoes, as the wider the heel, the less the load on the feet. Walking on thin and high heels and maintaining balance puts a heavy burden on the legs and veins, if you add heavy bags of store-bought items...

These factors lead to vasodilation, increased venous pressure, and disruption of the normal functioning of the venous valves. The result is pathological blood circulation in the veins of the legs - reflux (flow of blood from deep veins to the reverse superficial veins). It is this disease that worsens over time and increases the load on the venous system many times.

Proper blood flow from the bottom up in the veins of the legs is due to several factors: blood pressure in the arteries, movement in the blood vessels to prevent backflow of blood, and the presence of valves. The inability of these valves to perform their functions leads to disruption of blood flow in the veins, leading to excessive elongation of the arteries. As a result, blood flow becomes irregular, blood begins to stagnate in the lower veins of the legs (especially in the subcutaneous veins), the pressure in them increases, and the vein walls become wider and thinner.

TREATMENT OF VARICOSE

How to treat varicose veins? This question will be answered by the doctor after diagnosis. After all, treatment of varicose veins is effective only if correctly diagnosed.

The attending physician, in turn, may choose the following treatment options:

Treatment of varicose veins with drugs (creams, ointments, tablets);

Complex treatments depending on the symptoms and stage of the disease (discussed in the article below);

Surgical treatment (removal of damaged vessels).

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