

- + 硬化劑治療：將藥物注入已病變的靜脈，破壞靜脈內膜，使靜脈閉合和消失。液體硬化劑一般用於蜘蛛網狀毛細血管擴張；較粗大的靜脈曲張可使用泡沫硬化劑。此項治療不用麻醉。
- + 微創靜脈腔內閉合術：在超聲波掃描儀監察下，經皮層穿刺「大隱靜脈幹」，放入細小的導管，輸入激光或高頻電波（又稱射頻），令倒流的源頭及病變的靜脈閉合。手術只需要局部麻醉，經穿刺孔施行，疤痕與疼痛較少。

Open Surgery 手術治療

Open Surgery consisted of 3 parts and are performed under general anaesthesia.

High tie: Through a small incision in the groin crease, the origin of abnormal blood flow at the junction of the superficial venous trunk and the deep vein is ligated.

Invagination stripping: Using a special instrument (pin-stripping). The disconnected great saphenous trunk is turned inside out and removed.

Hook Phlebectomy: Through multiple small stab incisions, a hook is inserted to 'fish out' and remove the branches of varicose veins.

手術分三部份，一般在全身麻醉下施行。

大隱靜脈高位結紮術：在腹股溝（大腿根部）做約兩厘米的切口，切斷及結紮血液倒流的源頭。

套疊式大隱靜脈幹抽除術：於已切斷的靜脈幹插入剝離器，然後把靜脈幹抽除。

靜脈抽脫術：用穿刺方式，勾除小腿的分支靜脈。



路線圖 Map



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Varicose Veins 靜脈曲張

- Vascular Surgery
血管外科



4 The Venous System 靜脈系統

Veins are part of the circulatory system that carry blood from body parts back to the heart. During walking as muscle contract, blood inside the deep veins is squeezed and pushed upward. However as you stand up blood inside the lower limbs must work against gravity to return to your heart. To accomplish this, there are valves inside the veins to keep blood flowing upward.

靜脈是血液循環系統的一部份，由表層、深層和穿通道靜脈構成，負責將血液從遠端送回心臟。受地心吸力影響，當我們站立時，靜脈中的血液會傾向流往遠端。為確保血液流向正確，靜脈內腔長有瓣膜，其作用如同一個控制筏，防止血液逆流；另一方面，當腿部肌肉收縮，會同時擠壓肌肉內的深層靜脈，將血液推向心臟。

4 What are Varicose Veins? 甚麼是靜脈曲張？

Varicose veins and Spider veins are common presentations of venous disease. Varicose veins are dilated and tortuous veins, that bulge beneath the skin. When veins are dilated, their valves become incompetent, causing stagnation of blood and an increase in venous pressure. When the function of the venous system fail; skin changes occur, including stasis eczema, hyperpigmentation, hardening of skin and ulceration.

靜脈疾病常見的徵狀有毛細血管擴張（蜘蛛網狀靜脈）和靜脈曲張。其中，靜脈曲張俗稱「浮腳筋」，與遺傳有密切關係。如果靜脈壁和瓣膜薄弱，血液容易逆流並於下肢積聚，導致靜脈血壓過高。日積月累下，靜脈變得脹大、扭曲和突出，形成許多肉眼可以看到、像樹瘤般的結節塊。如果情況持續又沒有得到適當治療，有機會引致靜脈功能衰竭、鬱血性皮膚炎、皮下色素沉澱及皮層變硬，甚至潰爛。

4 Risk Factors 靜脈曲張的誘因

- + Hereditary - Family history of varicose veins
- + Hormonal - Multiple pregnancies
- + Hydrostatic Force - Prolonged standing, heavy lifting, over weight
- + 遺傳 - 先天性靜脈壁薄弱
- + 賀爾蒙影響 - 曾多次懷孕，體內賀爾蒙分泌在懷孕時改變
- + 靜態血液壓力 - 長時間站立、長期負重、過重

4 Common Signs And Symptoms 靜脈曲張的症狀

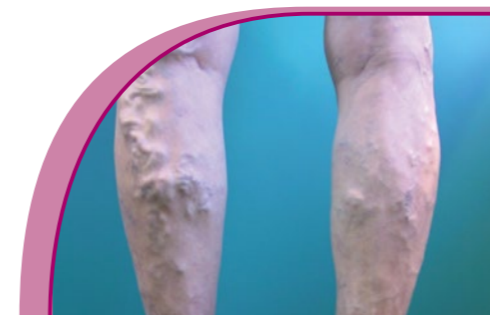
- + Dragging discomfort, heaviness, restlessness, and easy fatigue of the legs
- + Itchiness, particularly on the inner side of the lower leg
- + Night cramps
- + Swelling of the lower legs
- + Prolonged standing may worsen the above symptoms
- + Clusters of serpentine and dilated veins
- + In sever cases, eczema, increased pigmentation, and the development of venous ulcers
- + 腿部感到沉重、酸麻、鈍痛和容易疲倦
- + 痕癢，尤其腿部內側
- + 小腿肌肉抽筋
- + 小腿或下肢遠端腫脹
- + 長時間站立後，上述症狀尤其明顯
- + 腿部皮膚表面浮出彎彎曲曲的靜脈或結節，影響外觀
- + 如情況嚴重，可引致鬱血性皮膚炎、皮下色素沉澱和變硬，及靜脈性潰瘍



4 Treatment of Varicose Veins 靜脈曲張的治療

In mild cases, symptoms can be controlled by conservative treatments. If the condition worsen, invasive treatment is necessary.

正確的護理方法可以改善症狀，但如欲根治，或病情較嚴重，就需要接受介入治療或組合治療。



+ Conservative Treatment 保守治療

Compression therapy: Graduated compression stockings prevents the pooling of blood and over-distension of the veins, which are responsible for the local symptoms. The stockings should be put on first thing in the morning before getting out of bed.

Following are some tips for the relief of discomfort:

- + Avoid over weight
- + Avoid prolonged standing or sitting still. Change posture, flex your feet or tip toes every few minutes, to contract the calf muscle pump
- + Avoid wearing high-heeled shoes
- + Avoid wearing tight clothing
- + Do not cross your legs when sitting
- + Elevate your legs following prolonged standing

壓迫治療法：穿著醫療用「漸進式彈性襪」，利用外在的壓力幫助血液回流。宜在起床前穿上，一直到夜間上床後才脫下。

下列方法有助護理腿部，促進血液循環，並減少靜脈曲張症狀。

- + 控制體重
- + 避免久站或久坐，宜最少每30分鐘更換姿勢或走動一次，使小腿肌肉收縮，促進血液回流
- + 避免穿高跟鞋
- + 勿穿著緊身衣或束褲
- + 坐著時不要交疊兩腿
- + 長時間站立後，將下肢抬高

+ Minimally Invasive Treatment 微創介入治療

+ Sclerotherapy: Medicine is injected into the varicose veins, causing mild inflammation, with subsequent shrinkage and re-absorption of the veins. This method is most effective in the treatment of spider veins and smaller veins. For larger varicosities, sclerosant in the form of micro-foam is used.

+ Endovenous Ablation Therapy: Under ultrasound guidance, and using local anaesthesia, a small catheter is inserted into the vein. Then either laser fiber or radiofrequency fiber, is passed through the catheter into the vein. Laser or radiofrequency energy is delivered to seal off the vein. Compared to open surgery, endovenous ablation therapy causes less pain and scarring. The patient usually returns home the same day and can resume normal daily activities.

