

It has been reported from President Trump's recent medical that he has "Chronic venous insufficiency", but what is this?

This is a medical term used mainly in the USA, for a condition where there is blood pooling in the legs, usually giving swollen feet and ankles, due to damaged veins being unable to drain blood out of the legs. This can be due to damage to the superficial veins and/or deep veins.

How common are leg vein problems?

Problems with leg veins are very common. For example, varicose veins affect about a third of the population. Each year, about 1 in 50 adults with varicose veins go on to get chronic venous insufficiency. It usually affects people over 50, and the risk goes up with increasing age.

Chronic venous insufficiency can be due to damaged deep veins and/or superficial veins. After having had a deep vein thrombosis, about a third go on to get chronic venous insufficiency, which we call "post thrombotic syndrome"

More commonly, chronic venous insufficiency is due to damage to the superficial veins, usually due to varicose veins

What are varicose veins?

Varicose veins describe enlarged and twisted veins just under the skin. Valves are very important in veins; they prevent the backflow of blood in the vein. Varicose veins are caused by faulty valves within the veins that don't close properly, leading to backflow and pooling of blood, which causes the veins to swell and twist. They are more common with ageing, after pregnancy, obesity, prolonged standing or sitting, and often there is a family history of varicose veins.