

# Pelvic Congestion Syndrome Ovarian Varicose Veins



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Approximately one-third of all women will experience chronic pelvic pain during their life. Chronic pelvic pain is often associated with ovarian and pelvic veins. **Pelvic Congestion Syndrome** is similar to varicose veins in the legs. In the pelvis, varicose vein can cause pain and affect the uterus, ovaries, and vulva.

The diagnosis is often missed because women lie down for a pelvic exam, relieving pressure for the ovarian veins, so that the veins no longer bulge with blood as they do while a woman is standing.

**Risk Factors:** Two or more pregnancies and hormonal increases, fullness of leg veins, polycystic ovaries, and hormonal dysfunction.

**Symptoms:** The pain often increases: following intercourse, menstrual periods, when tired or standing – worse at the end of the day, pregnancy, irritable bladder, and vaginal discharge.

**Diagnosis and Assessment: MRI –** May be the best non-invasive way of diagnosing pelvic congestions syndrome. The exam is performed that is specifically adapted for looking at the pelvic blood vessels.

**Treatment Options:** Once a diagnosis is made, if the patient is symptomatic, an embolization should be performed. Embolization is a minimally invasive procedure is performed by the Interventional radiologists using imaging for guidance. During the outpatient procedure, the Interventional Radiologists inserts a catheter into the femoral vein in the groin and guides it to affected vein using x-ray guidance. The catheter delivers tiny coils that the blood and seal the faulty vein.

**Efficacy:** Ovarian vein Embolization offers a safe, effective, minimally invasive treatment option. A large percentage of women have seen improvement in their symptoms after the procedure.

