

Prevalence and Awareness of Varicose Veins in Saudi Arabia, A Cross-Sectional Study

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ABSTRACT

Background: Varicose veins is the most reported medical condition which considerably increases patient morbidity and cost over time. The goal of this study was to establish the prevalence, perceptions, and familiarity of varicose veins in Saudi Arabia.

Material and methods: A total of 916 participants met our inclusion criteria—i) at least 20 years of age, ii) residing in Saudi Arabia, and iii) not pregnant— and were selected for this cross-sectional Study conducted in 2023. A three-part validated questionnaire was used to collect participants' demographics, medical history, work-related information, and questions to assess their level of knowledge about varicose veins.

Results: The commonly recognized risk factors of varicose veins were prolonged standing (84.8%) and being overweight (84.6%). Leg pain or heaviness (74.8%), and discomfort while walking (74.1%), were the most well-known symptoms of varicose veins. Participants above the age of 60 had a statistically significant greater prevalence of varicose veins ($P<0.001$). Participants who worked more than 8 hours per day had a prevalence of 11.3%, compared to 3.5% of those who worked less than 4 hours per day ($P=0.018$). Furthermore, a significantly higher prevalence of varicose veins was seen among participants with more than 4 hours of standing at work ($P<0.001$).

Conclusion: Our study population had a fair understanding and awareness of varicose veins. However, the prevalence of varicose veins was significantly greater among people with jobs that required long hours of standing and working. Careful attention to improving working conditions for the population at risk is required to decrease the prevalence of varicose veins.

Bahrain Med Bull 2024; 46 (2): 2018 - 2023

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