

Chronic Venous Insufficiency

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Chronic Venous Insufficiency Latest News

US President Donald Trump has been recently diagnosed with chronic venous insufficiency (CVI).

About Chronic Venous Insufficiency

- The CVI occurs when your **leg veins struggle to allow the flow of blood back to the heart.**
 - Under **normal conditions**, the **valves in our veins facilitate the flow of blood** towards the heart.
 - However, when **they don't work on the optimum level**, the **blood may flow backwards and accumulate** (pool) **in your legs.**
- The condition may not be a serious health threat, but it can **cause pain, swelling, cramps, skin changes, varicose veins, leg ulcers**, etc.
- People are **more likely** to have the condition **if/when they are overweight or pregnant** or have a **family history** of the problem.
- People may **also experience** it if **they have ever sustained an injury** to their leg, had **surgery**, or had **previous blood clots.**

- It affects about 1 in 20 adults. **Common among older adults**, its risk heightens with age.

Chronic Venous Insufficiency Treatments

- From **lifestyle changes to surgery**, there are multiple ways to address the issue.
- **Regular exercise, leg elevation, and weight management** are considered the first steps to treat the condition.
- **Medicines that boost blood flow** through the vessels and **compression therapy**, which involves tight stockings or bandages, help a long way.

Source: [NDTV](#)

Source: <https://vajiramandravi.com/current-affairs/chronic-venous-insufficiency/>

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