**SECONDARY PREVENTION OF CHRONIC VEINS DISEASES IN THE EARLY STAGES**

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The results of global epidemiological studies of the last decade have convincingly demonstrated that chronic diseases of the veins of the lower extremities continue to be an urgent problem in developed countries of the world. Screening provided according to the international program Vein Consult, which covered more than 90 thousand people from 13 countries, revealed clinical signs of this pathology in 83.7% of the working population. At the same time, 57% of them had initial stages. Despite the fact that chronic diseases of the veins of the lower extremities affect women more often, the incidence of severe forms of the disease does not depend on gender.

Unfortunately, seeking medical help in the early stages of the disease is more characteristic of young women, due to cosmetic defects. But many patients, even in the absence of organic lesions in the initial stage of the disease, have clinical manifestations in the form of heaviness and discomfort in legs, dull aching, paresthesias, night cramps, itching of the skin, pasty and / or transient edema of the lower extremities. These are the so-called vein related complaints that appear when the venous valves are damaged.

Predisposing risk factors for chronic diseases of the veins of the lower extremities are genetic (venous wall weakness, valve underdevelopment), mechanical factor (pregnancy, childbirth, constipation, colitis, overweight and obesity. Provoking risk factors for chronic diseases of the veins of the lower extremities include lifestyle (regular static loads at work - standing or sitting, long journeys, eating habits, lack of physical activity, physical overload in athletes, especially weightlifters, smoking, alcohol abuse, lifting and carrying heavy loads), as well as tight clothes, tight shoes, high heels, etc. Complaints in women can occur when using hormonal contraception and hormone replacement therapy and depend on the phase of the menstrual cycle. The characteristic feature of these complaints is their exacerbation in summer and their alleviation after moderate physical activity

 Therefore, the prevention of chronic diseases of the veins of the lower extremities progression should be directed, first of all, to the management of modifiable risk factors. Particular attention should be paid to a balanced diet with limited intake of fatty, spicy and salty foods. A diet rich in proteins, complex carbohydrates, raw vegetables and fruits with a sufficient content of ascorbic acid and rutin is prescribed. In the initial stage of chronic diseases of the veins of the lower extremities, physical activity is recommended. Active sports are most useful: running, walking, swimming. In a case of constipation its prevention should be considered. Moreover, it is advisable to follow these particular recommendations: avoid sitting with your legs crossed, taking hot baths and sauna, putting a pillow under your feet during the rest.

In addition to lifestyle modification conservative therapy is necessary in the initial stage of chronic diseases of the veins of the lower extremities. First of all, this is the use of medical compression garments with engineered compression gradient. Special venotonic drugs are prescribed to strengthen the venous wall and improve valve function.

Thus, due to increasing prevalence of chronic diseases of the veins of the lower extremities of the lower extremities, as well as their complications, it is necessary to carry out preventive measures at the early stage of clinical manifestations to correct modified risk factors, including conservative therapy, to correct of the disease and improve the patient's life quality.