

# Who We Are

The Vascular & Interventional Centre has an expert team of doctors well-versed in the current minimally invasive techniques and medical treatments. Our team of specialist doctors and staff strive to provide patients with holistic care in a fully integrated clinic and ambulatory surgery centre for a range of diseases.

Find out more @  
[www.sgvasculargrp.com](http://www.sgvasculargrp.com)

# Visit Us

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Finding Relief From

# **Pelvic Congestion Syndrome**

## WHAT IS PELVIC CONGESTION SYNDROME?

**Pelvic Congestion Syndrome** is a chronic condition that affects women and is caused by varicose veins in the lower abdomen or pelvis.

**Varicose veins** are veins that become swollen, twisted and lengthened due to poor vein function. Valves in the veins become weakened and do not close properly. As a result, blood begins to flow backward and pools in the pelvic veins causing the vein to be congested, which can be painful.

The syndrome often causes constant dull pain in the pelvic area that is said to worsen at different times and in varying situations. It's more likely to develop in women between 20-50 years old who have previously given birth or have a family history of the condition. Experts believe it can be the source of pain in up to 30% of women with chronic pelvic pain.

## WHAT ARE THE SYMPTOMS?

- Pelvic pain while sitting or standing.
- An aching pain with heaviness in the pelvic that may extend to the lower back
- Pain during sexual intercourse
- Painful and heavy menstrual bleeding
- Heaviness and swelling in their legs, especially on standing for long periods

## HOW IS PELVIC CONGESTION SYNDROME DIAGNOSED?

- **CT/MRI scan** of the abdomen and pelvis
- **Pelvic venogram** – a procedure that is performed by inserting a catheter through the groin vein and injecting a contrast agent (a type of dye) into the veins of the pelvic organs

## OUR TREATMENT

There are several treatment options for pelvic congestion syndrome including hormonal medications to control blood flow and congestion of the varicose veins prescribed by your gynaecologist. If these are ineffective, then minimally invasive ovarian vein embolisation may be considered.

Ovarian Vein Embolisation – involves inserting a thin catheter into the femoral vein in your groin. The catheter is guided to the affected vein with the assistance of x-ray fluoroscopy. Tiny titanium coils and an embolic agent are injected through the catheter to seal off the affected vein(s) permanently.

## WHAT WOULD YOU EXPECT?

- This procedure is minimally invasive, and patients are usually discharged on the same day as the procedure from our centre
- Minimal pain and discomfort
- Quick return to daily activities

## WHO IS ELIGIBLE?

- Patients with severe symptoms of pelvic congestion syndrome
- Patients who have tried and failed conventional treatments, including medication

To find out if the procedure is right for you, you may request a consultation with one of our doctors to help you understand your options and choose the best treatment.

