



## 1 in 3 women suffer from Chronic Pelvic Pain

### What is Pelvic Venous Congestion Syndrome (PVCS)?

Pelvic Venous Congestion Syndrome (PVCS) is the pain associated to the enlarged, swollen veins in the pelvis. Veins have valves that guide blood towards the heart. In some cases, these valves become faulty causing blood to flow backward into the pelvis. When this happens, it causes the veins in the pelvis to enlarge and change shape resulting in the formation of varicose veins in your pelvis.

PVCS is caused by varicose veins in your pelvis. The engorgement and congestion of the veins in the lower abdomen and pelvis can cause chronic, unremitting pain. PVCS affects at least 1 in 3 women at some point during their lifetime. Pelvic Venous Congestion Syndrome may last for prolonged periods of time and often amplifies the pain associated with your menstrual cycle.

PVCS is commonly experienced for the first time during or following pregnancy. It is characterized by a heavy aching feeling that may get worse as pregnancy progresses. The pain may be in your abdomen, pelvis, back or any combination of the three.

### CONTACT US:

Phone: **(858) 550-0330**

**La Jolla:** 9850 Genesee Ave, Suite 410,  
La Jolla, CA 92037

**Chula Vista:** 340 Fourth Avenue, Suite 11,  
Chula Vista, CA 91910

**Poway:** 15525 Pomerado Rd, Unit A1  
Poway, CA 92064

**Solana Beach:** 530 Lomas Santa Fe Dr, Ste O,  
Solana Beach, CA 92075

**Vista:** 906 Sycamore Ave.  
Vista, CA 92081

[ljvascular.com](http://ljvascular.com)

Scan Here  
To Follow Us  
On Social Media



**Elliot DeYoung, MD**  
Interventional Radiologist

**Sarah Lucas, MD, FACS, RPVI**  
Vascular Surgeon

**Nisha Bunke, MD, FAVLS, RPhS**  
Venous Disease Specialist, Medical Director

La Jolla Vein Care has been featured in:



[www.ljvascular.com](http://www.ljvascular.com)

## Are you Living with Chronic Pelvic Pain?





## Symptoms:

- Pelvic Pain
- Lower Back Pain
- Pain During or After Intercourse
- Sudden Urge to Urinate
- Bloating and Cramping
- Heaviness in the legs
- Enlarged veins around the vagina, vulva, inner thigh, and buttocks.

## Risk Factors:

Due to the presence of estrogen, women between the ages of 20 and 45 are most likely to be affected. Factors that commonly cause PVSC include:

- More than one pregnancy
- Retroverted or Tipped Uterus
- Polycystic Ovaries
- Elevated estrogen levels
- Family History of Chronic Pelvic Pain
- History of Heart Disease

## Treatment Options

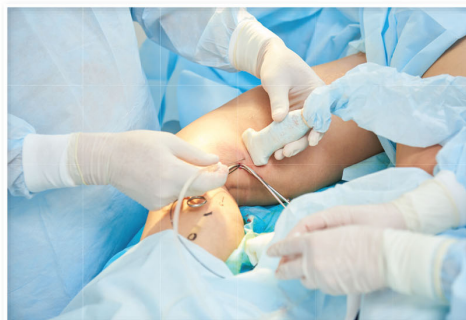
### Pelvic Venous Embolization

At La Jolla Vein Care, we treat PVCS by targeting the engorged varicose veins in your abdomen and pelvis.

### How Do We Treat It?

With a simple outpatient procedure, we guide a catheter into the abnormal, engorged, veins causing the pain and we block them. The blocked, abnormal veins are then absorbed by the body. This leaves only normal and healthy veins in your abdomen and pelvis and removes the unhealthy veins, which caused the chronic pain.

The procedure is painless and requires no major incisions. Once blood can flow smoothly through healthy veins in your pelvic region, the pain disappears. Patients can usually return to work and light activities the following day and see a full recovery in about one week.



It is our goal to ensure that you live a happy, healthy life. Our patient care does not stop after the end of a procedure in our clinic. We also schedule follow-up appointments to evaluate your recovery and ensure the best possible results. Call today at 858.550.0330 to schedule a consultation with one of our highly qualified specialist physicians to discuss your chronic pelvic pain in our friendly, caring environment at La Jolla Vein Care.

