Pelvic Congestion Clinic

Could Your Veins Be the Cause?

A Simple Guide to Pelvic Congestion Syndrome, Its Symptoms, and Treatment Options.



Swipe

Informational purposes only, not medical advice

Persistent pelvic heaviness, pressure, or aching may sometimes be linked to enlarged pelvic veins. Recognizing the symptom pattern can help you understand what to discuss with your healthcare provider.

Inside this guide, you'll learn:

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📌 Quick Note: All buttons in this guide are clickable. Simply click to navigate to any section or resource.

WHAT IS PCS?

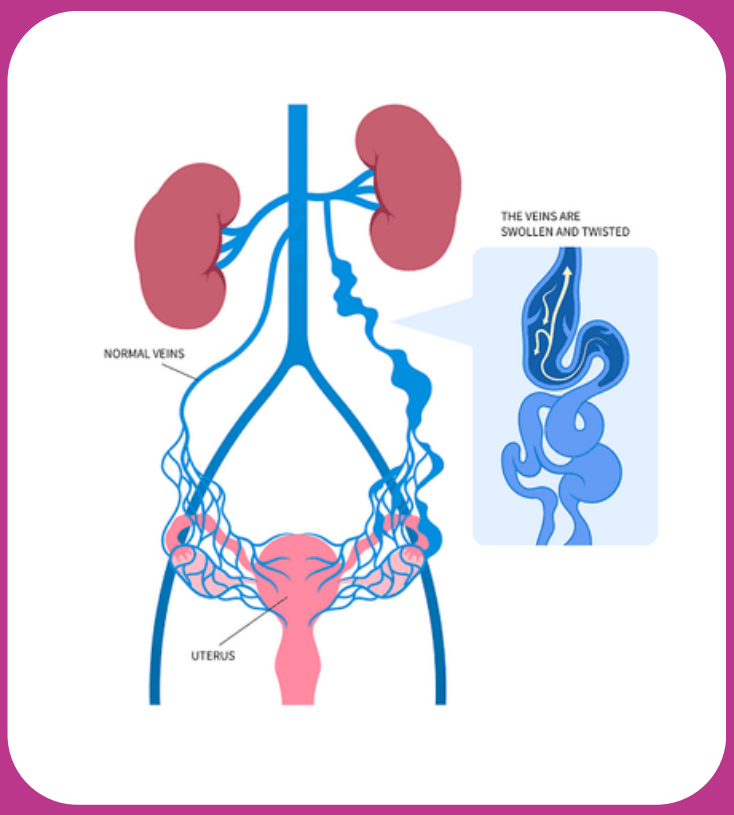
Pelvic Congestion Syndrome (PCS) is associated with abnormal blood flow in the pelvic veins. When veins around the ovaries and pelvis become enlarged and blood flows backward, pressure can build up and contribute to chronic pelvic pain.

What Happens Inside?

Faulty Vein Valves: Blood may flow backward through veins instead of moving efficiently toward the heart.

Blood Pooling: Blood can collect in enlarged pelvic veins, increasing pressure.

Persistent Pelvic Pain: The resulting venous congestion may contribute to heaviness, aching, and discomfort.



DID YOU KNOW?

Pelvic congestion syndrome can be overlooked because its symptoms overlap with other causes of chronic pelvic pain.

COMMON SYMPTOMS

PCS-related symptoms may become more noticeable throughout the day, particularly with prolonged standing or sitting.



Chronic pelvic aching or pain



Pelvic heaviness or pressure



Pain during or after sexual intercourse



Pain that worsens with prolonged standing



Discomfort that improves when lying down



Vulvar, buttock, or upper-thigh varicose veins

TREATMENT OPTIONS

There Are Different Ways to Manage Pelvic Congestion Syndrome. Treatment depends on your symptoms, diagnostic findings, and overall health. Not everyone with enlarged pelvic veins needs treatment.

Lifestyle Measures

Simple daily adjustments may help ease pelvic discomfort and improve symptom management.

Medication

May help manage pain or, in selected cases, address hormonal factors.

Surgical Treatment

May involve surgery to treat affected veins and relieve pelvic congestion.

Pelvic Vein Embolization

A minimally invasive procedure that closes abnormal veins contributing to pelvic congestion.

The right treatment is different for every patient. Understanding all available options is important before making a decision.

WHY MANY PATIENTS CONSIDER EMBOLIZATION

A Minimally Invasive Approach to Pelvic Vein Problems

Pelvic vein embolization targets abnormal pelvic veins that cause blood to pool and contribute to pelvic pain.

Using image guidance, a specialist inserts a thin catheter and places coils or embolic material to block the affected veins.

Potential Benefits of Embolization:

- ✓ Minimally invasive procedure
- ✓ Usually performed without major surgical incisions
- ✓ Typically performed as an outpatient procedure
- ✓ Targets the abnormal veins contributing to congestion
- ✓ May help reduce chronic pelvic pain and heaviness
- ✓ Often allows a relatively short recovery

Important: The benefits, risks, recovery time, and suitability vary by procedure and patient. Treatment should be based on a specialist's evaluation of your veins.

COULD YOUR PELVIC PAIN BE VEIN-RELATED?

Your Symptoms May Tell You More Than You Think.

If you experience ongoing pelvic heaviness, pressure, or aching that worsens throughout the day, a pelvic vein evaluation may help determine whether venous congestion could be contributing.

Why Take the Pelvic Vein Check?

✓ Helps you recognize common symptom patterns

✓ Takes just a few minutes

✓ Provides insight into whether your symptoms may warrant further evaluation

✓ Helps you understand potential next steps

In just a few minutes, you can gain valuable insight into your symptoms and treatment options.

Click the button below to start your free assessment.

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Learn more about pelvic congestion syndrome, chronic pelvic pain, pelvic vein health, and minimally invasive treatment options.

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Take Risk Assessment