

# 社區醫學講座



## 認識下肢靜脈曲張

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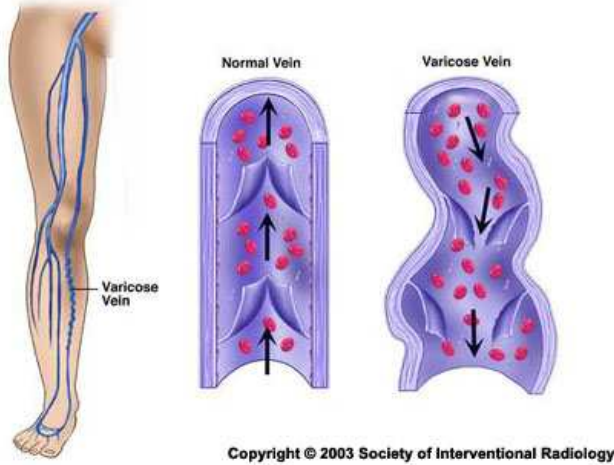
三軍總醫院心臟血管外科



人類是唯一有靜脈曲張的動物

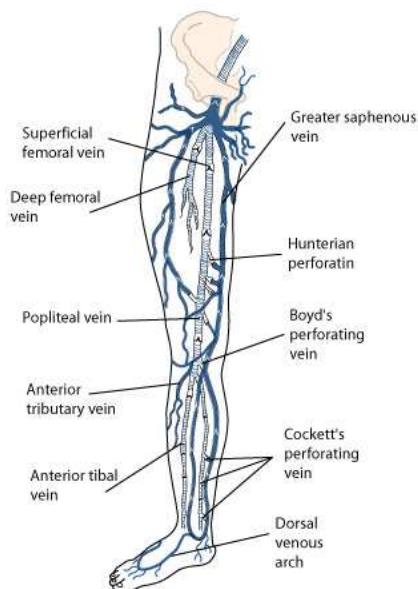
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# 靜脈曲張



- 靜脈曲張是靜脈系統最常見的疾病之一
- 原發性或次發性淺靜脈及隱靜脈系壁擴張，或瓣膜關閉不全所致的靜脈蜿蜒而曲張的狀態
- 約有百分之二十的男性及百分之三十的女性患有靜脈曲張
- 主要發生在大隱靜脈，小隱靜脈亦可能發生

# 下肢靜脈系統



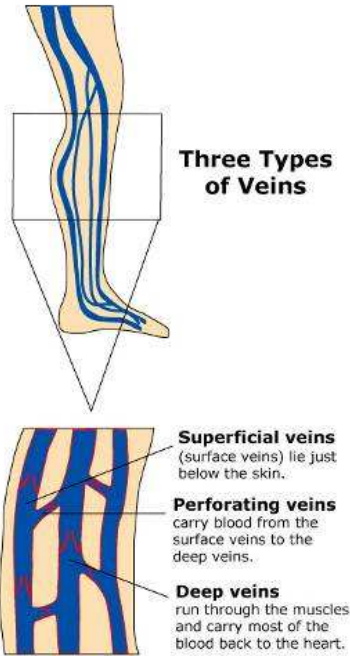
## 淺部靜脈系

- 大隱靜脈
- 小隱靜脈

## 深部靜脈系

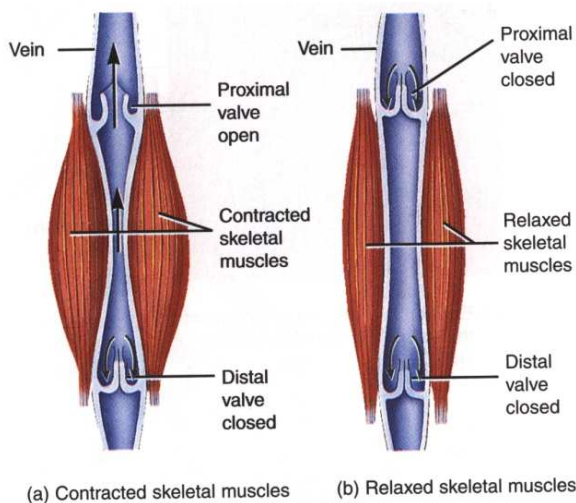
- 腓腸肌內的無名靜脈
- 膝膕靜脈
- 股深及股淺靜脈
- 腸骨靜脈

# 下肢靜脈系統



- 淺部靜脈系
- 深部靜脈系
- 穿通靜脈系

# 下肢靜脈系統

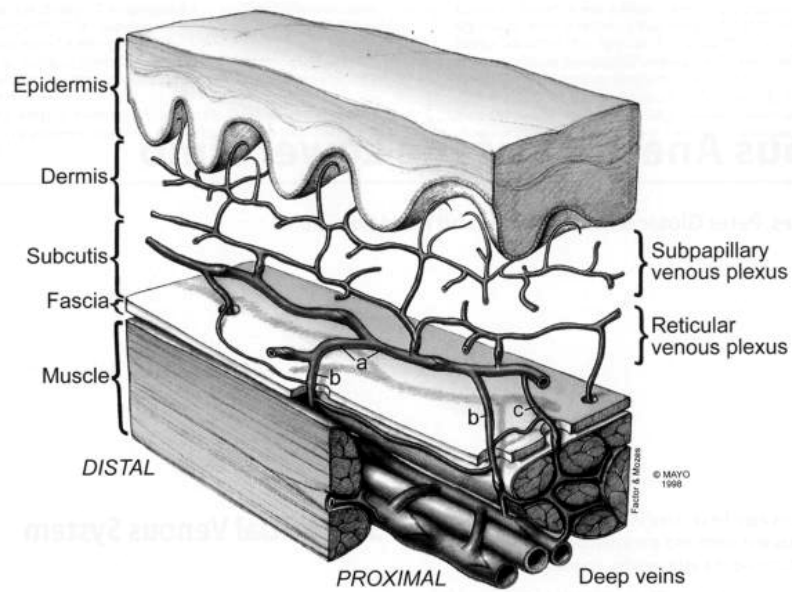


## 單向瓣膜的作用

- 水往低處流
- 瓣膜可以抵抗重力的作用，使血液經由靜脈系統回流到心臟

► **Why is it more important for leg veins to have valves than it is for neck veins to have valves?**

## 下肢靜脈網

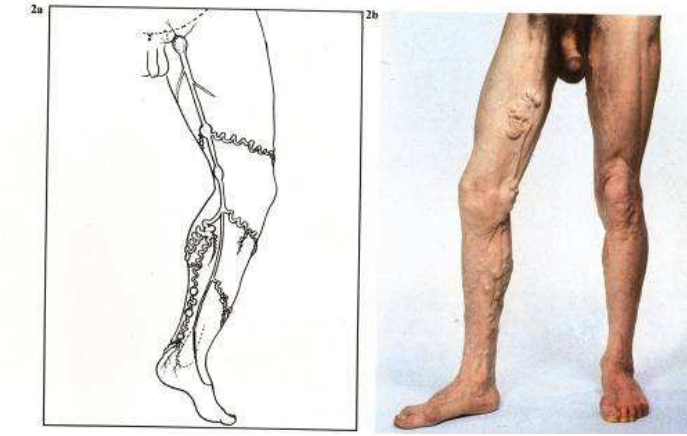


a:superficial veins; b:direct perforating veins; c:indirect perforating veins

## 靜脈內破壞的瓣膜



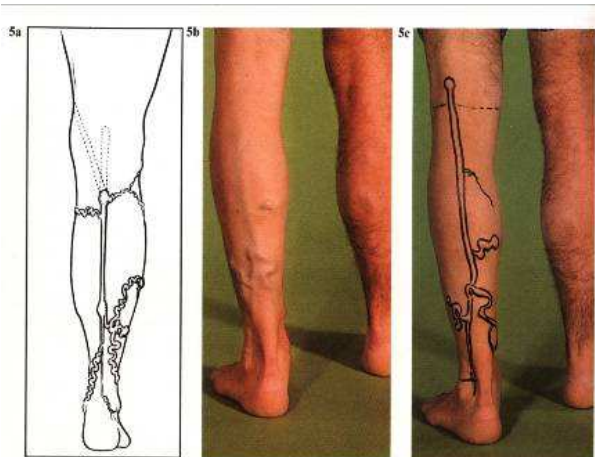
## 下肢靜脈曲張



### 大隱靜脈

- 分佈於內踝、小腿內側直到鼠蹊部

## 下肢靜脈曲張



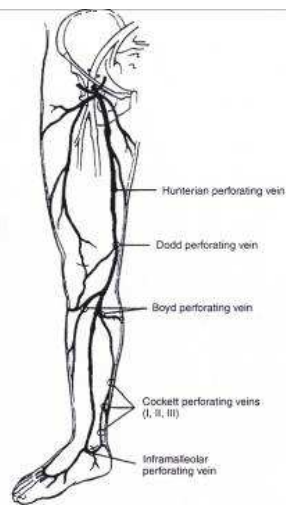
### 小隱靜脈

- 分佈於小腿外側進入膝膕靜脈

# 穿通枝靜脈(perforator)



# 穿通枝(perforator)



Varicosity at ankle  
 → Cockett  
 → Ankle perforating vein  
 → Stem varicosity greater saphenous vein [white arrows]

FIGURE 147-2. The location of the most important perforating veins associated with the greater saphenous system is shown. The Cockett and inframalleolar perforating veins are actually separate from the greater saphenous system. The Boyd perforating vein is consistently present, but it may drain the saphenous vein or its tributaries. Perforating veins in the distal third of the thigh are referred to as "Dodd perforators," whereas those in the middle third of the thigh are referred to as "Hunterian perforators."



## 下肢靜脈曲張之成因

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- 確切的原因仍不清楚
- 基本原因可能為先天上病患的瓣膜及靜脈管壁較為脆弱
- 懷孕及體重過重的人較易罹患靜脈曲張
- 其他如長時間久站，愛翹二郎腿，有抽煙習慣及飲食習慣不良等可能原因皆未有足夠的證據



## 下肢靜脈曲張之分類

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- 原發性靜脈曲張
- 次(續)發性
  - 深部靜脈拴塞
  - 近心端靜脈受到壓迫



## 下肢靜脈曲張之症狀

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- 大部分的病患是沒有症狀的
- 症狀的嚴重度並不和靜脈曲張嚴重的程度成正比

### 輕微症狀

- 下肢疼痛或不適
- 下肢搔癢
- 下肢腫脹

### 嚴重症狀

- 血栓靜脈炎
- 出血