

Investigating Varicose Vein Disease in Chain Store Salesmen in Tehran

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Abstract

Working in chain stores leads to fatigue and numerous complaints from sellers due to standing for a long time, and on the other hand, rest time during the work shift is not considered. The purpose of this study is to investigate the situation of chain store sellers in the field of varicose veins. 136 salespeople were selected in a chain store and information was collected using questionnaires, occupational medicine records, and medical examinations. The results of the study showed that despite the very young age of the workers and their low work experience, 42% of the workers have symptoms of varicose veins. Therefore, immediate intervention is completely felt in this field. Changing the work station from a fixed stand to a mobile stand among the work stations and also using appropriate rest time are other suggested solutions.

Keywords: Varicose veins; Sellers; Chain stores

Introduction

In the past years, due to the changes in the lifestyle and the market situation, we have seen the expansion of large chain stores in different cities. Due to the expansion of these stores, the number of people working in these stores has also increased significantly [1]. Selling in this type of large stores includes its own rules, one of the rules implemented in these stores is not allowing people to sit during the work shift, which is implemented in many of these stores under the title of respect for the customer. It has been [2]. One of the diseases that has a direct relationship with long-term standing activity is the discussion of varicose leg disease, which has been investigated and confirmed in various studies of this disease [3].

The main symptoms of varicose veins are swollen and bluish veins, itching or burning discomfort around the veins, skin color changes around the veins, as well as swelling in the legs, aching pain in the legs, heaviness in the legs and leg cramps at night. It's one of the things that makes people uncomfortable. Studies have shown that it gets worse when a person is on their feet for a long time and works while standing, and they may get better when they lie down or put their feet up [4]. Early treatment can prevent varicose veins from getting worse and help a person avoid complications such as bleeding and ulcers. External ulcers are open wounds that do not heal well and can become infected or cause other problems [5].

To diagnose varicose veins, a physical examination is performed and questions are asked about symptoms, family history, activity level, and lifestyle

The main cause of varicose veins is that the blood flow in the varicose veins that take blood from your legs to the heart has problems. Veins have one-way valves to prevent blood from going back down, and in varicose veins, damage to the vein wall or valves causes some blood to flow in the wrong direction. Varicose veins are a common disease that occurs due

to weak or damaged walls and A vein valve develops. Weak or damaged valves or walls in veins can cause blood to pool and even flow backwards. This condition is called reflux. The veins may become enlarged and deviated, resulting in varicose veins. Varicose veins may develop whenever the blood pressure inside the veins increases. This can occur due to age, pregnancy, overweight and obesity, sitting or standing frequently for long periods, or an inactive lifestyle [6].

The purpose of this study is to investigate the condition of chain store salespeople with continuous standing work conditions in the field of varicose veins. Varicose veins are actually swollen and twisted veins that are located just under the skin. They usually occur in the legs. Sometimes varicose veins occur in other parts of the body, although this study focuses on varicose veins in the legs.

Materials and Methods

In order to carry out this study, chain stores in Tehran city were examined and branches of a chain store were selected and 136 salespeople working in Tehran city were selected by random sampling method. In order to collect personal information from a questionnaire. Demographics were used, and this questionnaire included information such as name, age, gender, and work experience. Also, according to the experts, considerations were taken into account in order to select people, the main of which was the absence of severe musculoskeletal disorders and performing hospital surgeries until the results. The study will be protected from any possible effective intervention. In another part of the questionnaire, which must be completed by the researchers, the body mass index is calculated and recorded

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by using the occupational medicine file and also measuring the weight and height of the people. In the last part the research was conducted using the records of periodical examinations as well as examinations by a doctor specializing in the subject of varicose veins [7].

Although in most of the similar studies, subjective questionnaires or occupational medicine files were used to check for varicose veins, but considering that subjective measurements and occupational medicine files were not accurate enough, it was decided to use medical examinations as well. should be used to confirm the subjective results of the study. This study was conducted in Tehran and the symptoms of varicose veins were carefully examined using scientific sources and confirmed by a specialist doctor [8-10].

Results

According to the first part of the questionnaire, the results of the study showed that most of the people working in the store were in the age range of 18 to 29 and about 45% of people were in this category. Also, the age group of 30 to 39 was in the second category with a frequency of 39%. There is a very young age of the employees in this store, most of them were between 20 and 30 years old, and their work experience was less than 3 to 10 years. In relation to the body mass index, 49% of the people

were in the normal category based on the definition. And after that, people with excess weight were the most frequent and accounted for 25% of the statistical population. In the important part of the study, i.e. the presence or absence of symptoms of varicose veins, the survey showed that 58% of people did not have any symptoms and about 20% of people had symptoms. They had mild varicose veins and 22% of people had severe symptoms of varicose veins and in total 42% of the workers had varicose veins symptoms. On the other hand, the most cases were observed among women, especially women with BMA higher than the standard. Almost 80% of overweight and obese people had symptoms of varicose veins. The results of the demographic variables of the study are listed in (Table 1), and the condition of varicose veins is also shown in (Figure 1).

Another part of the study was related to investigating the correlation between leg varicose veins and other study variables. In this part, it was observed that there is a significant relationship between age, work history and body mass index with having varicose veins, but in the context of the relationship between Education and having varicose veins were not found to be related at the desired significant level. Among the three variables mentioned above, the highest correlation was observed between body mass index and having varicose veins. The results are shown in (Table 2).

Table 1: Demographic information of sellers.

Individual profile	Grouping	Frequency	Percent
Age	18-29	61	0.45
	39-30	53	0.39
	49-40	19	0.14
	50 and above	3	0.02
Education	Diploma	11	0.08
	Associate degree	8	0.06
	Bachelor's degree and higher	117	0.86
Work experience	Under 3 years	67	0.49
	3 to 10	45	0.33
	More than 10 years	24	0.18
BMI	Thin	18	0.13
	Normal	67	0.49
	Overweight	34	0.25
	Fat	17	0.12

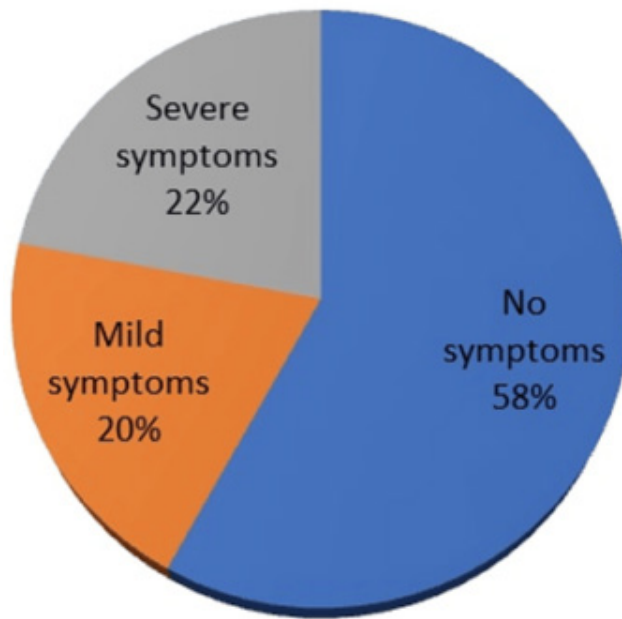


Figure 1. Varicose veins condition among salesman. Note: (■) No symptoms, (■) Mild symptoms, (■) Severe symptoms

Table 2: Correlation of leg varicose veins and other study variables Age factor, work history, education, body mass index.

Factor	Age		Working experience		Education		Body mass index	
	R	P	R	P	R	P	R	P
Having some type of varicose veins (mild or severe)	0.23	0.006	0.31	0	0.012	0.09*	0.67	0.003

Discussion

Despite this volume of sufferers, no legal and enforcement measures have been implemented by the chain store. In the current study, it was found that the most damage is among the employees of the departments where people in terms of workstations, in addition to standing, have almost no movement even in the range did not have small ones, which has increased the symptoms of varicose veins. According to these results, it seems that an immediate intervention is fully felt in this field. Changing the work station from a fixed stand to a mobile stand between the work stations and also using It should be noted that the union of chain stores should also be required to correct such a wrong practice and coercive actions such as firing employees who oppose such a procedure should be corrected because these people are also like each of us must maintain our health while working while earning money.

Depending on how serious the symptoms of varicose veins are, a combination of treatments and preventive measures are recommended. It should also be remembered that new varicose veins may develop even after treatment or may require more than one treatment. Treatment is to relieve symptoms, prevent varicose veins from worsening, improve appearance, and prevent serious complications such as ulcers and bleeding [11].

Some lifestyle changes that can help with varicose veins may reduce the risk of deep vein thrombosis and other medical problems. Your doctor may prescribe compression therapy and

pain medications to relieve symptoms of varicose veins, such as leg pain or heaviness. Healthy lifestyle changes may be necessary to reduce symptoms or prevent varicose veins from worsening, including weight loss. Weight loss also improves blood flow and reduces pressure on the veins. Another issue emphasized in various studies is the discussion of increasing physical activity so that the blood moves in the person's veins. Walking and exercising cause leg muscles to contract, which can help blood return to the heart and not collect in the veins of the legs. However, vigorous exercise, especially if it involves lifting heavy objects, may worsen varicose veins [12]. Prolonged standing or sitting should be avoided, and the person should elevate their legs when sitting. It helps to reduce the pressure inside the leg veins [13,14]. Also, lying with your legs above the level of the heart for a few minutes several times a day can also reduce the pressure in the veins and help blood return to the heart [15]. Methods such as surgery and laser treatments can also have a significant effect in improving the symptoms of varicose veins, but it should be remembered that if the working conditions are not improved, varicose veins will return again, and on the other hand, the ability of interventional measures such as surgery to be repeated several times There is none [16]. Considering that most of the working people have to stay standing and maybe agreeing to change the working conditions is not implemented at the moment, sellers should try to change their position regularly to help the proper blood flow in the legs. In no way should high-heeled shoes or shoes that limit ankle movement be used.

Conclusion

Therefore, individuals are encouraged to change positions regularly to facilitate proper blood circulation in the legs. It is crucial to avoid high-heeled shoes or footwear that restrict ankle movement to promote healthy circulation. By implementing these measures and considering the available treatment options, individuals can proactively manage varicose vein symptoms and promote overall leg health. Prioritizing proper circulation and avoiding prolonged inactivity can significantly contribute to maintaining vein health and minimizing associated discomfort.

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