**Varicocele – A major cause of worry for Males**

A varicocele is when veins become enlarged inside your scrotum (the pouch of skin that holds your testicles). It is like getting a varicose vein in your testies. About 15 % males have a varicocele and about 40 % of infertile men have varicocele. Most susceptible age is between 13 to 35 years, though it can happen to adult males of all ages. Scrotal varicoceles are the most common cause of poor sperm production and decreased semen quality

What are Varicoceles?

Varicoceles form during puberty, and can grow larger and easier to notice over time. Varicoceles are more common on the left side of the scrotum. This is because the male anatomy isn't the same on both sides. Varicoceles can exist on both sides at the same time, but this is rare.

Most of the time, varicoceles cause no problems and are harmless. Less often varicoceles can cause pain, problems fathering a child, or 1 testicle to grow slower or shrink.

What are the Symptoms or Signs of Varicoceles?

Most males with a varicocele have no symptoms. But varicoceles are a concern for many reasons. Some may cause infertility (problems fathering a child) and slow growth of the left testicle during puberty. Varicoceles may be the cause of fertility problems in about 40% of men who have problems fathering their first child. They may also be the cause of fertility problems in about 80% men who have problems fathering a child after their first.

What are the Causes of Varicocele ?

Many causes of varicoceles have been offered. The valves in the veins may not work well (or may be missing). If blood flow is sluggish, blood may pool in the veins. Also, the larger veins moving from the testicles towards the heart are connected differently on the left and right side. So more pressure is needed on the left side to keep blood flowing through the veins towards the heart. If blood flows backwards or pools in the veins, that can cause them to swell. Rarely, swollen lymph nodes or other abnormal masses behind the abdomen block blood flow. This can lead to sudden swelling of the scrotal veins. This is often painful.

How are Varicoceles diagnosed?

Varicoceles are found through self-exam of the scrotum or during a routine doctor’s exam. They’ve been described as a “bag of worms” because of how they look and feel.

Urologists often check for varicoceles with the patient standing. You may be asked to take a deep breath, hold it, and bear down while your urologist feels the scrotum above the testicle.

Your urologist may order a scrotal ultrasound test. Ultrasound uses sound waves to make a picture of what’s inside your body. Signs of varicoceles on ultrasound are veins that are wider than 3 millimeters with blood flowing the wrong way.

How are Varicoceles treated in Allopathy (Modern Science) ?

Often, varicoceles are not treated. Treatment is offered for males who have:

* fertility problems (problems fathering a child)
* pain
* the left testicle growing more slowly than the right

Boys with a smaller left testicle are thought to have a higher risk for fertility problems when they get older. There are no drugs to treat or prevent varicoceles. But pain killers may help with pain. When needed, surgery is the main form of treatment.

## Surgery

There are many ways to do varicocele surgery – Open Surgery or Laparoscopic Surgery. All involve blocking the blood flow in the pampiniform plexus veins.

## Surgery Results

Since surgeons have started using smaller cuts through the muscle for open surgery, healing time and pain are about the same with open and laparoscopic surgery. Problems after either surgery are common. Problems include:

* varicocele remaining (persistence) or coming back (recurrence)
* fluid forming around the testicle (hydrocele)
* injury to the testicular artery

There is a chance surgery won't correct the problem. Injury to the testicular artery can lead to loss of the testicle. Persistence or recurrence of the varicocele can also happen.

## Frequently Asked Questions

### 1) What will happen if I choose not to get treated?

Not treating a varicocele may result in the testicle shrinking and/or a drop in semen quality. This may lead to fertility problems. The varicocele may, over time, cause lasting harm to the testicle that can't be fixed. If a semen analysis is normal, then it's okay not to get treated. If the semen analysis isn't normal, then action is called for. In some men, the "varicocele effect" on making sperm may get worse over time. Fertility issues may come up years later, even if not seen earlier.

### 2) My teenage son was diagnosed with a varicocele. Should this be fixed?

### 3) I'm interested in having children and have no symptoms. Should I have my varicocele repaired?

### 4) I have pain with my varicocele. What can I do to ease the pain?

### 5) I'm thinking about having my varicocele repaired for fertility reasons. How long will I have to wait to see if my semen quality improves?

### 6) I found a lump on my scrotum during a self-exam. Should I worry?

### 7) I want my Varicocele fixed without surgery and with an assurance that it will not come back.

## Grocare’s explanation about what Causes Varicocele and how to correct it without Surgery :

Varicocle may be Caused because the body in general, and / or the Scrotum area in particular, is highly Acidic and is lacking in the needed Alkaline Minerals, which provide the tissue of the body to have Elasticity. Means that the veins may not be able to work like a Rubber Band and stretch and go back into the former shape after stretching ! This imbalance in Acid Alkaline causes the veins in the area to shrink or blockages resulting into Varicocele. Generally, blockages are in multiples, that is the reason, surgery can not cure them.

What is needed ? Restore body’s pH throughout the body, correct the Acid Alkaline imbalance of the body in general and Scrotum area in particular, remove toxins and waste so that veins can get regenerated, blockages are opened and normal blood flow is restored.This bring back the needed elasticity, and corrects the disorder.

*For more information, pls visit https://www.grocare.com/diagnose/varicocele*