

What Happens If You Leave a Varicocele Untreated?



Varicocele is a painful condition characterized by the presence of swollen and enlarged veins in the scrotum. Varicocele occurs when the vein valves in the scrotum do not function properly and blood starts collecting inside the veins.

Many a time, it is seen that men do not discuss issues like varicocele with anyone due to the stigma around such conditions. Due to this embarrassment, they also do not consult a doctor and thus the treatment gets delayed. This often results in the aggravation of the condition and gives rise to a number of complications.

Let's quickly get an insight into some of the serious conditions that can arise due to untreated varicoceles.

Fertility Issues- If you have prolonged and untreated varicoceles, you are more likely to face problems with [fertility](#). Although the exact reason is unknown, in about 40 percent of the cases of varicocele, fertility problems are also seen. This may happen due to impaired testicular functioning, lack of proper blood supply or oxidative stress due to varicoceles. In the long run, untreated varicoceles may even lead to complete infertility.

Testicular Atrophy- Testicular atrophy is a condition in which the testicles start to shrink. Over time, untreated varicoceles can lead to testicular atrophy. Since the blood keeps on pooling up inside the veins in the scrotum, it puts excessive strain on the testicle and this may cause the affected testicle to shrink.

Imbalance in hormonal levels- Another common complication of prolonged varicocele is that it causes an imbalance in the levels of hormones like testosterone, luteinizing hormone and follicle-stimulating hormone. This can affect the process of spermatogenesis and can cause problems like reduced sexual drive and loss of interest in sex.

Damaged sperm profile- The pooled blood inside the scrotal veins increases the testicular temperature and leads to impaired testicular functioning. This can cause a reduction in sperm count, quality and motility and can also lead to an increase in the ratio of abnormally shaped sperms, thereby contributing to a damaged sperm profile overall.

Problems with erections- Due to pooling of blood, the pressure inside the veins increases. In order to compensate for this increased pressure, the blood flow through the arteries reduces. This can lead to impaired blood supply to the penis and pelvic regions. In the lack of proper blood, erectile problems can arise. Erectile problems due to varicocele can also be a result of reduced testosterone levels and reduced libido.

Azoospermia- Azoospermia is a condition in which the ejaculate is completely devoid of sperms, that is there are absolutely no sperms present in the ejaculate. Severe cases of varicocele can lead to azoospermia and can trigger infertility problems.

Testicular Torsion- Testicular torsion is yet another condition that arises only in the severe and rare cases of varicoceles. The excessive blood pressure strains the testicles and can lead to the twisting of testicles. This is called testicular torsion and is a very painful and serious condition.

So, these are the difficulties that you might have to face if you do not seek treatment for varicocele in time. Thus, you must get in contact with a specialist to receive the timely treatment in a minimally invasive manner

Tips to keep the complications of varicocele at bay

- Avoid indulging in any strenuous or vigorous activities. This can excessively pressurize your groin and scrotum region and can lead to worsening of the condition.
- While doing daily life tasks, make sure to wear scrotal supports or jockstraps. This would minimize the pressure on the groin area.
- Eat healthy and fiber rich food. Drink a lot of water and stay hydrated.
- Try to keep your scrotum elevated. This would stimulate proper blood circulation in the area and prevent more blood from pooling.

And yet again, last but the most important tip is to receive proper and timely treatment. Once a varicocele occurs, it is highly unlikely that it will go away on its own. Therefore, if you want to prevent the above mentioned serious complications, it is better to seek medical consultation on time and undergo

proper treatment.

What is the best treatment for varicoceles in Bangalore?

At present, the best and most effective treatment for varicoceles is laparoscopic varicocelectomy. This modern treatment for varicocele is easily available in metro cities like bangalore.

About laparoscopic treatment of varicocele- Painless varicocele treatment

Laparoscopic varicocelectomy is a state of the art procedure that helps you get rid of varicoceles without any hassles or complications. It is a minimally invasive procedure that does not involve any major cuts, incisions, stitches or bleeding. The entire procedure is absolutely safe and provides permanent relief from the troubles of varicocele. Also, the downtime is very short and you can resume your work in 3-5 days after the procedure.

If you reside in Bangalore and are looking for some of the best doctors for varicocele treatment, you can consult a health care providers such as Pristyn Care. Pristyn Care is associated with the best [varicocele specialists in Bangalore](#) and offers the modern laparoscopic varicocelectomy. Hence, there is absolutely nothing worrisome in relying on the laparoscopic treatment to get rid of varicoceles once and for all.

The Final Note

Varicocele is certainly a discomfoting condition and has a tendency to worsen over time. Therefore, leaving it untreated is not at all a wise choice.

So if you are battling the troubles of varicocele, make sure

to get in touch with an experienced doctor and undergo timely treatment. Proper treatment will save you from any unpleasant complications and will allow you to lead a happy and healthy life.

Also, don't forget to eat light and stay hydrated. Doing so greatly reduces the chances of worsening of varicocele.