VARICOCELE: PREVALENCE, INCIDENCE AND VARICOCELE RELATED TESTICULAR ATROPHY

Dr. Mohammed Nadeem Khan¹ and Dr. Albina²*  
¹Assistant Professor, Department of Tashreeh-ul-Badan, Ajmal Khan Tibbya College & Hospital, Aligarh Muslim University, Aligarh, U.P. India.  
²Assistant Professor, Department of Jarahat, State Takmil-Ut-Tib College & Hospital, Lucknow University, Lucknow, U.P. India.

ABSTRACT  
Varicocele is characterized by abnormal tortuosity and dilatation of the pampiniform plexus veins within the spermatic cord and it is one of the causes related to male infertility. The aim of our study was to determine the prevalence, site of varicocele, incidence of secondary infertility due to varicocele and varicocele related testicular atrophy in adults. The study was conducted on 175 patients presenting with infertility and other problems. Of 175 patients, 75 were diagnosed with varicocele. We found the prevalence of varicocele to be 22.85% and the incidence of varicocele 45.0% in adults. The complaint of infertility in the population with varicocele was 72.7%. Atrophy of testis was noticed in 22.5% cases and it was associated with severity of varicocele. We conclude that early diagnosis of varicocele is important to prevent future infertility.

KEYWORDS: Varicocele, Pampiniform, Prevalence, Atrophy.

1. INTRODUCTION
A Varicocele is an abnormal tortuosity and dilatation of the pampiniform plexus within the spermatic cord that results from valvular incompetence of the spermatic vein. The prevalence of varicocele is approximately 15-20% in the general population and 30-40% in infertile males and up to 80% in cases of secondary infertility.¹,²,³ It rarely appears before age of 10 years and it tends to persists throughout life, if left untreated. The definitive etiology of varicocele is not well known, but it’s increased frequency of presentation on the left side has