

# What Is Varicose Vein, Causes And Symptoms?

This is truly right that varicose veins are a type of condition that can affect not just your physical appearance but a lot more in your health. It can rise to a number of problems like open sores and blood clots which results from decreased blood flow from the leg veins to the heart, with pooling of blood in the veins. If you are suffering from Varicose veins, consult a **varicose vein doctor long Island** today. An experienced [varicose vein doctor li](#) will examine the condition and recommends the best **varicose vein treatment li**.



## **What is Varicose Vein?**

Varicose veins are swollen, appear twisted and bulging that you can see just under the surface of the skin are dark purple or blue in colour. These veins usually like cords on your legs however, they can also form in other parts of your body. In some cases, varicose veins may cause difficulties, such as mild to moderate pain, blood clots, or skin ulcers.

Veins are blood vessels that convey blood from your body's tissues to your heart. The heart pumps the blood to your lungs to pull up oxygen. [Varicose vein clinic long island](#) is fully equipped with a safe environment.

You may suffer a number of risk factors for varicose veins, including family history, age, gender, pregnancy, overweight or obesity, and standing and sitting for a long period of time. For a consultation to prevent varicose vein contact **varicose vein center li**

Varicose veins are treated with lifestyle modifications, appearance and medical procedures. The goals of **varicose vein clinic li** are to relieve varicose vein symptoms, prevent complications, and improve physical appearance.

## **What are the causes of Varicose Vein?**

Weak, infected or damaged lids can direct to varicose veins. Muscle reductions in your lower legs act as pumps, and elastic vein walls serve blood return to your heart. Tiny valves in your veins open as blood flow rate toward your heart then close to stop blood from flowing backwards. If these valves are weak, infected, or damaged, blood can flow and pool in the vein, causing the veins to stretch or twist. Look varicose vein center long island



### **What are the symptoms of Varicose Vein?**

Indications caused by varicose vein insufficiency have a direct and deep-seated connection with increased blood pressure within the veins. Symptoms may include:

- An achy or heavy feeling veins in your legs
- Burning, pulsating, muscle cramping and swelling in the lower legs
- Heaviness, Worsened pain after sitting or standing for a long time
- Tingling around one or more of your veins
- Skin discolouration around a varicose vein

Self Care is the first choice to treat any problem. For varicose vein you can do exercise, elevating your legs or wearing compression stockings that can help you to ease the pain of varicose veins and may prevent them from getting worse. But if you're concerned about how your veins look and feel and self-care measures haven't stopped your varicose vein condition from getting worse, see **varicose vein doc long island**.