

WHAT ARE THE PREVALENT CAUSES OF SPIDER VEIN?

Once you know what is originating your varicose veins and spider veins, it is much more comfortable to successfully tackle the situation. Save yourself a lot of time and effort needlessly analyzing techniques that don't serve and heal your legs to their previous beauty. You have a better chance of healing leg vein problems when you know what causes them.

The top reasons for varicose and spider veins are:

Aging Factor - Aging is the most significant cause of sick legs. Numerous hormonal fluctuations throughout pregnancy and menopause create many older women to drop elasticity and health in leg veins. [Spider Vein Treatment Houston](#) provides various treatments to cure vein problems.

Diet - Poor diet is another major factor causing loss of skin elasticity and can cause **spider veins on legs**. The consequence of nutritional insufficiencies is reduced leg circulation causing legs and ankles to enlarge possibly ending in leg vein problems.



Genetics - If your mother, father, brother, or sister has vein problems such as spider veins, or fatigued legs, you may be more inclined to end up going for a [Spider Vein](#)

[Treatment Texas](#) than those with no genetic history of these signs to evolve the condition.

Faulty functioning valves - One-way valves in the deep veins of the legs stop the backward circulation of blood inside the vein. If they are performing poorly, blood flows the opposite way from the profound to the superficial veins which grow enlarged, knotted, and bulging. If you are suffering from these conditions contact [Best Spider Vein Doctor Near Me](#).

Pregnancy - In order to help the developing fetus while being pregnant, blood flow is more in your body, though the flow is reduced from your legs to your torso. This raises pressure on leg veins and may lose them. Extra weight accumulation during pregnancy may put a strain on leg veins.



Prolonged Sitting or standing - Standing and walking straight for long periods of time can build pressure in your leg veins and in your leg area. That is the cause the veins most maximally hit are those in your ankles and feet.

Obesity - Unnecessary weight gain sets stress on the legs, raising the possibility of having varicose veins. Tall, fat women are more probable to acquire venous issues or feel tired, painful legs.

Lack of Physical Activity - Lack of activity such as walking, swimming, or bicycling, for example, can confer in added pressure on veins and inadequate blood flow in the legs.

Fitted Clothing - High heels and clothes that are uncomfortable, particularly close to the waist can narrow your venous blood flow creating pooling of blood and bad circulation in the lower legs and calf.

Smoking - If you smoke be conscious that it offers to raised blood pressure, which can worsen existing vein and leg difficulties.

Any or all of these general circumstances could be influencing you adversely. If you want to know precisely what is creating your leg vein position, a normal ultrasound can determine the reason behind your pain.

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