

# A Complete Guide To Diagnosis Of Varicose Veins

Do you suffer from unprecedented leg pain? You might be then suffering from the issue of varicose veins. Varicose veins are swollen, twisted and enlarged veins that cause difficulty in the movement of the person. Any superficial vein of the body might become varicose, but mostly the issue affects the legs. As per [vein treatment Texas](#), varicose veins cause a problem in standing and walking upright, as the activities increase the pressure on the veins. Most people in the initial stages of varicose veins experience aching pain and discomfort; however, when left unattended, then it can lead to ulcers.



**The best treatment for varicose veins** during the initial phase is self-care with regular exercising and intaking of a balanced diet. However, in cases of severe pain, medical attention is required. Doctors state that for healing shooting varicose pain, one should contact the **best vein specialist near me**. Vein specialists at [veintreatmenttx.com](#) state that not many people are aware of the issue of varicose veins and they tend to confuse it with normal leg pain. Do you want to know more about signs of varicose veins? Then here in this post, we have mentioned everything that you need to know about the diagnosis of varicose veins.

## **List of symptoms of Varicose veins**

According to **top vein specialists, Houston** varicose veins often might not cause pain. However, there are few signs which aid in detecting varicose veins. Some of the commonly found symptoms of varicose veins are as follows:

### **1. The veins appear in dark purple or dark blue hue**

The dark pigmentation of the vein is an indication of a blood clot.

### **2. Veins become twisted and bulging**

A common sign of the varicose veins is twisted veins which create a hindrance in walking and standing. **Best way to remove varicose veins** is through regular exercising as it promotes good blood circulation in the veins.

### **3. Aching legs**

Varicose veins cause a feeling of heaviness in the legs. The blood clot in the veins creates stiffness of the muscles, which makes the legs ache.



### **4. Muscle cramping**

Varicose veins are caused due to the improper supply of blood in the veins. As per **vein specialist Houston**, the lack of proper blood supply leads to muscle cramping and burning and throbbing sensation in the lower legs. The cramped muscles lead to swelling in the lower limbs.

### **5. Itching sensation**

Varicose veins lead to an itching sensation around the veins. The itching feeling gives rise to a condition known as venous stasis dermatitis. The reason behind the itchy skin is skin inflammation which is caused due to lack of proper oxygen supply.

### **6. Skin discolouration**

Another common symptom of varicose veins is skin discolouration around the varicose veins. The discolouration is caused due to inflammation and thickening of the skin. Experts at Houston vein clinic neglecting of the skin discolouration can lead to venous stasis ulcerations.

So these were a few common symptoms of varicose veins. For more information about the diagnosis of varicose veins, visit [veintreatmenttx.com](http://veintreatmenttx.com).