

Varicose Veins: Why Women Are More Likely To Have Them?

You must have noticed the changes over years happening to your legs when you are over age or suffering from obesity, you might experience abnormal veins in your legs. In such a condition get **varicose vein treatment san, Diego**, at **veins clinics**.

Varicose veins are usually harmless and don't cause serious problems. But if you don't pay attention to them for several years, they might convert into swollen, enlarged, bulging veins leading to leg aches, discomfort, and a faulty circulatory system. Consult a **vein doctor** if you notice them in any part of your body.



Various kinds of varicose veins treatments at [veins clinics California](#) are designed not only to resist the obvious and unpleasant symptoms of a neglected disease but also to address the root of the problem - the disturbed blood flow.

Why are women prone to it?

- Study shows that most women over 30, especially after the delivery involved with sedentary activity (like sitting, standing, traveling by plane and others, etc.) bear the greatest risk of venous insufficiency - just a fancier term for varicose veins.
- Moreover, female hormones estrogen and progesterone play a major role in fertility and menstruation. These hormones may be responsible for the growth of varicose veins in women because they cause the muscles that control the movement of blood in their veins to relax.

Make an appointment at **vein clinics near me** to get the precise mode of treatment to relieve the unsightly veins.

Symptoms:

- You most likely know your body better than anyone else, however, you might have noticed the appearance of your legs changing as well as pain and other unpleasant sensations as your lifestyle becomes more passive.
- The other specific symptoms might include your legs feeling heavy, cramps at night, and itching or hot feet. And as if it was not enough it also affects the looks.
- Varicose veins are visible and palpable when standing (they may disappear only after having a rest). This can truly be a nightmare, especially during the beach season.



The above are all venous insufficiency symptoms requiring treatment at **veins clinic san Diego**

As unpleasant as this may be, the reasons for this are beyond any control; it may be genetically predisposed. The disease can be caused by a chronic increase in blood pressure, which dilates the vein and requires it. Cutting back on strong tea and coffee is recommended in this case as well.

How To Get Rid Of Them?

Varicose veins treatment deals not only with the symptoms but also heals your veins by reinforcing your venous tone. Thus, it decreases venous capacitance, venous distensibility, and emptying time as well as strengthens capillary resistance. Basically, it means that it helps your veins to deal better with blood circulation. This from the medical point of view is what will gradually make your legs feel and look better. Get adequate treatment from **vein clinics in Jolla**.

Varicose veins treatment is available in many different forms - from regular tablets to different gels. The good news is that a vast amount of it is prescription-free, however, consulting your [vein doctor near me san Diego](#) is still highly recommended before you proceed.