

# How to Prevent Varicose Veins?

Varicose veins may develop for numerous reasons like age, family history, pregnancy, being women, hormonal replacement, prolonged sitting or standing, and others. Some of these symptoms, like family history or age, are harder to avoid. Still, this article will teach you ways to prevent varicose veins. But [what are the treatment options for varicose veins?](#)

Unfortunately, there are no ways to stop them. But you can prevent the existing varicose veins from worsening. You only need a healthy lifestyle to slow down the process as much as possible. So here are some tips:



**What are the ways to subsidies your varicose veins issue?**

**Avoid prolonged periods of sitting or standing.**

Standing or sitting for long periods makes your body harder to move blood in different veins or against gravity. This can create pressure in your veins to rise.

Moreover, this can cause blood to pool around the ankles, feet, and calves, leading to swelling and aching. However, if you'll move around for some period, it will lessen the pressure and improve your circulation. If you have a desk job for long periods, consider doing these things:

- Peddling your feet
- Stretching your feet

- **Banding**

Elevate your legs at least 2-3 times daily for 10 to fifteen minutes. Because elevating your feet above your heart supports the gravity circle. This results in better blood circulation and less swelling or pain.

### **Wear compression socks**

Wearing compression socks will help keep your veins valves in the right positions. This makes it easier for veins to function properly and reduces blood pooling or pain.

You might experience some lesser cramps after wearing supportive compression during the day. Depending on how badly your veins are damaged, there are many compression levels. It's a good idea to talk with the veins doctor to choose one of the compression socks: moderate, extra firm, firm, or mild.

### **Live a healthy lifestyle.**

Varicose veins or venous disease can develop based on risk factors that you can change. This makes it essential to practice healthy lifestyle choices to avoid more damage.

Obesity with higher pressure inside the veins is the aggravating factor. You should eat healthily to get carbohydrates, a sufficient amount of proteins, and some fat. Also, drinking a lot of water for the day help your body hydrate and have good blood circulation.



### **Exercise should be part of your routine.**

The most important exercise to prevent varicose veins is walking.

Also, yoga is a good option because some poses bring your feet higher than your heart. There are called inversions, including a headstand, legs-up-the wall and shoulder stand.

Yoga can help stretch and strengthen your muscles in the calves and hamstrings, and these deep muscles can do certain things and help the veins work correctly. Moreover, toning and stretching pose include downward faces and sun salutations.

There are some more types of exercise that include cycling and swimming.

### **Conclusion**

**Are varicose veins covered by insurance?** Primarily varicose veins are covered under insurance, but if varicose veins don't pose any signs or your doctor states your treatment is cosmetic, you aren't eligible for general insurance. So, if you experience pain or discomfort, consider contacting a vein specialist for thorough treatment.