

What Are the Symptoms and Treatment of Varicose Veins and Spider Veins?

Varicose veins are raised, large, swollen blood vessels that turn and twist. They usually develop in the legs because your legs are very far from your heart. They can be seen through the skin, where your blood valves stop working, or from faulty valves. They can show anywhere on your body but most often appear on the legs or pelvic area.

In contrast, spider veins are the smaller, purple, red, and blue color vessel that is twisted and turned. Spider veins are easily visible from the skin and may affect the capillaries, the smallest blood vessels. Spider veins are red or blue and look like a spider web or tree branches. Mostly you can see spider veins on your lower legs and face.

What is Spider angioma?

Spider angioma or nerves is a common development of small vessels. It may be defined by a small appearance with a central red blood vessel with capillaries radiating from it to resemble a spider.



What are the Causes of Varicose Veins and Spider Veins?

Numerous things make you more susceptible to spiders and varicose veins. These may include

- Work profile
- Heredity
- High obesity
- Occasions that involve a lot of standing, hairstyle, and teachers.
- Changes in hormonal due to pregnancy and menopause
- A history of clots

What are the signs and Symptoms of Varicose and Spider Veins?

Many suffer from varicose veins that complain about pain, aching, or cramps in the lower legs.

Some symptoms include tiredness, burning, throbbing, and heaviness in the legs. These veins' pain can be stopped by elevating your legs or wearing compression stockings for hours.

In women, signs and symptoms may worsen during the menstrual cycle or pregnancy. Less common is ulcer, swelling, and discoloration of your skin, especially in the lower legs and ankle region. Occasionally varicose veins can form painful clots with inflammation in the veins called thrombophlebitis.

What are the treatments option for vascular diseases?

Some treatment subsidizes varicose veins signs and symptoms, including.



Compression stocking

The most common approach to treat vascular diseases is compression stockings, especially when you have swollen and painful. They create pressure in your lower legs and keep the flow in the right position. Consider contacting a doctor to know how to prescribe stocking pressure because it comes in many types. But **What kind of doctor treats varicose veins?** A doctor who treats problems related to vascular diseases such as varicose veins, spider veins, or clotting is called a veins specialist.

Lifestyle changes

Maintaining your weight and diet and walking can help treat varicose and spider veins. Also, you can try,

- Not standing and sitting for long periods without any breaks.
- Avoid wearing high heels for periods because this can lead to low blood circulation.
- Elevating your legs from the heart can help blood flow because lifting your legs can be supported by gravity.

Conclusion

If you found signs and symptoms of varicose or spider veins, consider contacting a doctor for thorough treatment and diagnosis. But **How much does varicose vein treatment cost?** With insurance, you won't have to pay any penny for the treatment, but it should be a medical necessity. However, if the treatment isn't covered under insurance, you will come out of pocket.