

How Can Reduce the Chronic Venous Insufficiency Symptoms?

Chronic venous insufficiency (CVI) is a common concern in many people. How to reduce the symptoms of vein disease is the most common question people ask.

However, you want to reduce the symptoms. In that case, you must improve overall blood circulation by exercising daily and avoiding sitting or standing for long periods. You can also use compression stockings to improve blood circulation and reduce swelling. Visit a vein center, and you may come up with [what do vein centers do](#). A specialist specializing in all types of vein diseases will diagnose your case and suggest the treatment option.

Also, maintaining a healthy balanced diet, managing stress levels, and avoiding smoking can help reduce CVI symptoms.



The veins transport deoxygenated blood back to the heart, done with one-way valves within the veins. When these valves become weak or damaged, it can prevent the blood from flowing back to the heart, which results in blood pooling in the legs and feet. Common symptoms you may have when suffering from vein disease include leg pain, heaviness, tiredness, itchiness, discoloration in ankles and legs, and ulcers. All these can denote signs of vein problems. To reduce the symptoms of vein disease, follow including tips:

Find a vein doctor & schedule.

Many changes to your diet and daily routine can help reduce the symptoms of vein problems. If these do not work, surgery can be an option. Talk to your doctor and see the treatment options. It is best to visit the vein doctor for vein problems.

Wear compression stockings.

Compression stocking can reduce leg swelling because of the blood pooling in the legs, ankle, or foot. Your doctor will prescribe elastic compression stockings or socks made with a flexible, graded fabric to wear

regularly. Each brand's compression stocking puts varying amounts of pressure on different parts of the legs and feet to keep blood moving correctly through the veins.

Maintain a healthy weight.

If you are overweight, you must reduce your weight; weight can pressure the veins and weaken valves in the leg veins. Take proper diets and try to lose weight through exercise and eating healthy food.

Elevate the legs

Standing or sitting for long periods can allow the blood to pool in the leg veins causing pain and discomfort. Take small breaks or rounds to keep your legs. It helps blood flow toward the heart. When you are sitting, keep your legs raised and avoid crossing them.

Keep your skin moisturized.

It will not heal the vein disease but can help you heal cracked or dry skin. Apply moisturizer to the skin. Keeping your legs good.



You can apply greasy products like coconut and apply towel-dried, intact skin. Avoid using harsh chemicals like perfumes and anti-microbial on your skin. Don't touch the skin or rub and wear clean compression socks daily.

Medicines.

Take your doctor's suggested medicines to increase blood flow through the vessels, along with compression therapy to help heal leg ulcers.

Surgery.

If anything does not work well, you need to visit the doctor, and if your doctor suggests vein stripping or other vein treatment, you should take the treatment. It is done in severe cases, and ligation is a type of surgery your doctor may use.

In Conclusion:

Schedule an appointment with your vein doctor and know the treatment options that will suit you the best. Book an appointment now!