

What Are The Most Important Facts You Should Know About Varicose Veins?

Varicose veins are the most common vein disease across the globe. Numerous people are suffering from varicose vein disease. Varicose veins are swollen, enlarged, and twisted veins that can appear anywhere in the body but are more prone in the legs. If you are someone suffering from varicose veins then knowing about these veins in depth is important. Varicose veins are not considered to be a dangerous health concern but untreated varicose veins can develop serious health complications and make you feel uncomfortable. In this article, we have mentioned almost every piece of knowledge related to varicose veins, so make sure to read this article till the very end.



What are the symptoms and causes of varicose veins?

We have mentioned some symptoms of varicose veins below that a person should read if he/she wants to identify if it is varicose vein disease or not:

- Prolonged pain in legs
- Throbbing and burning sensation in legs
- Swollen legs
- Discoloration around large twisted veins
- Itchy legs
- Dryness around veins
- Veins colored purple and blue



These were symptoms of varicose veins that answer **“when should I be worried about varicose veins?”** to patients. We have mentioned some causes of varicose veins below that will clear all your doubts related to varicose veins development such as:

- Aging
- Heredity
- Large blood clot
- Pregnant
- Menopause
- Prolonged sitting and standing

What is the treatment for varicose veins?

We have mentioned some effective treatment options for varicose veins which you should discuss with your vein specialist about and get one of these treatments according to your veins severity:

- Elevation of the legs.

- Compression stockings.
- Sclerotherapy.
- Lasers or radiofrequency energy
- Vein stripping
- Microphlebectomy

What kind of doctor treats varicose veins?

A vein specialist is a doctor who specialized in and is trained and diagnosing and treating varicose and spider vein disorder. A patient should always visit a vein specialist for treatment for varicose veins. The vein specialist is known as a phlebologist in the language of medical sciences who has studied and graduated with years of experience in vein disease.

What are the preventions of varicose veins?

If you are someone searching for the preventions of varicose veins then you should prevent varicose veins from being effective if you do them with discipline. We have mentioned some preventions of varicose veins below that you should read carefully:

- For the prevention of varicose veins, it is important to maintain weight. Being overweight is also another cause of varicose veins.
- Exercise regularly can prevent these varicose veins to grow more
- You should avoid sitting for long hours with crossing your legs
- Always ensure putting your feet up
- Avoid wearing tight clothes as much you can

Takeaway!

We hope you liked this article and now you know some important facts about varicose veins. If you are interested in knowing more about this disease, then make sure to visit our website and book an appointment with our vein experts. It is important to ask your vein doctor in the initial consultation **“Are varicose veins covered by insurance?”** asking this question in consultation with your doctor will help you in maintaining your budget and expenses.

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