

What Are Varicose Veins?

Experiencing veins that are huge and deliver severe pain. Then you should know some individuals know about this disease. Yet 50% of the population is now dealing with the issue of veins without knowing several facts about it.

If you are an individual who wants to know about Varicose veins then you should acknowledge the information given below in this article. We have mentioned almost every ounce of information related to varicose veins that an individual should know about.



What do you mean by varicose veins?

Varicose veins are enlarged in size and swollen appear on the legs of individuals. Numerous reasons are there that indicate the development of varicose veins such as blood clots due to improper blood circulation and heredity.

What are the several causes of varicose veins?

Several reasons can generate varicose veins in an individual's body. We have written down some important and common causes of varicose veins such as:

- Irregular blood circulation
- Lack strength in legs
- High blood pressure
- Blood clot formation
- Pregnancy, hormonal changes such as menopause



When should I be worried about varicose veins?

There are times when people suffer from varicose veins but aren't able to identify its signs and symptoms. Below mentioned signs will show a person develops symptoms of varicose veins such as:

- If you are experiencing twisted and bulgy varicose veins
- If a person is experiencing swollen veins
- Muscle cramps
- Suffering from extremely painful legs
- Having difficulty in standing for long periods
- Heavy legs that start bleeding after minor injuries
- Skin discoloration
- Dryness around veins

If you are suffering from the following signs and don't know [What Kind of Doctor Treats Varicose Veins](#) then you must visit a vein specialist who is qualified and specialized in treating varicose veins.

How much does varicose vein treatment cost?

According to vein experts, varicose vein treatment costs range from \$1,500 to \$3,000. The cost of varicose vein differ depending on three factors such as

- The condition level varicose veins
- Additional charges of the hospital include a vein surgeon fee.
- Type of treatment you are getting for varicose veins

It is essential to ask your vein surgeon or vein specialist **Are varicose veins covered by insurance**. Asking this question in the initial consultation will help you in getting low-cost treatment.

What are the prevention remedies for varicose veins?

If you are suffering from varicose veins, caused by genetic issues then you should know there isn't a way to prevent them. We have penned down some of the preventions below of veins that can help you further such as:

- Exercising daily can help in proper blood circulation
- Keeping a hold on getting overweight
- Intake of high fiber food and avoiding calories
- Avoiding tight clothes that can cause you more pain
- Elevating legs while sitting
- Avoid standing or sitting for hours

Doing following prevention remedies can help in reducing the chances of the development of serious varicose veins.

Takeaway!

We hope you liked this article and now you know everything you should know about varicose veins before the treatment. It will be a great step to visit a vein specialist for an initial consultation for discussing the pros and cons of varicose vein treatment. There are numerous different types of varicose vein treatment available in medical science. It is essential to choose the treatment with the help of a vein specialist. For knowing more about varicose veins you can simply visit our website.

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