

Can You Explain The Major Causes Or Reasons For Varicose Veins?

Weak or broken valves can cause varicose veins. They transport the blood throughout the body through arteries from the heart. The blood returns to the heart by veins from the rest of the body. Leg veins must defy gravity to return blood to the heart. Elastic vein walls or muscle contractions in the legs' lower part help return the blood to the heart.

Tiny valves present in veins open to allow the blood to flow toward the heart and seal to prevent it from flowing backward or the other way. Blood can flow backward and pool in the veins if these valves are weak or broken, stretching or twisting.

If you have varicose veins causing pain and discomfort, you should seek medical help. Some people don't know [What doctor treats varicose veins](#); the answer is a vein specialist or phlebologist.



What are the significant risk factors and complications of developing varicose veins?

The following factors can increase the risk of developing problematic varicose veins.

Age

The vein valves that aid in controlling blood flow deteriorate with age. Once the valves have worn down enough, some blood can eventually flow back into the veins and collect there.

Pregnancy

The volume of blood increases in the body during pregnancy, This change supports the growing baby but can also cause varicose veins.

Sex

The illness is more likely to affect women. Because female hormones tend to relax vein walls, hormonal changes before a menstrual cycle, during pregnancy, or menopause could be a contributing factor. Varicose veins may become more common due to hormone therapies, such as birth control tablets.

Family history

If your grandparents or parents have varicose veins, then there's a greater chance of your developing them too.

Obesity

Being overweight puts additional pressure on veins, affecting the blood flow, resulting in varicose veins.



How can you prepare for your appointment?

To identify varicose veins and determine the best course of therapy for your condition, your vein specialist will need to examine your bare legs and feet. Your primary care physician might advise that you consult a vascular surgeon. They may also suggest seeing a dermatologist or a phlebologist specializing in treating vein issues (dermatologist or dermatology surgeon).

What is a vein clinic, and what can you expect from a vein clinic?

Physical check-ups, tests and diagnosis, and professional treatment are [what to expect at a vein clinic](#). Your vein clinic doctor could do a physical examination to better understand your veins' condition, and they might carefully examine your legs to look for varicose or spider veins. Itchy and flaky skin can occasionally indicate inadequate blood flow and vein disease.

Some vein issues might not always be evident at first glance. Your vein doctor might request more testing, such as a vascular ultrasound if they think there might be a deeper vein issue. A vascular ultrasound creates images of your blood vessels using sound waves.

Conclusion

We hope the above-given information will help you understand more about varicose veins and their treatments. The above articles give us valuable insight into the causes, symptoms, and treatment for varicose veins. For further information regarding varicose veins, please visit veintreatmentli.com.

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