

Are Spider Veins to worry about?

If you are also suffering from vein diseases that are causing pain and discomfort, these small veins just under the skin signify underlying vein disease. Spider veins are minor web-like appearances on the skin. They can be easily specified by the striking bluish to purple shade veins, which is noticeable; these veins are tiny and appear on the legs and face.

Spider veins are often considered a cosmetic problem; spider veins can be a warning sign of more severe venous or health concerns.

Spider veins appear smaller than varicose veins, usually red to purplish in color underneath your skin. These spider veins look like tree branches or spider webs, but they do not make the skin bump as varicose veins do.

You may not like how they make your legs appear, make you feel self-conscious, and hide it from others. If not treated, spider veins may not be only a cosmetic concern.



Are spider veins an early sign of venous disease?

Spider veins don't always cause problems, but they can be a warning sign for more severe vein problems. Spider veins may denote unhealthy changes in more prominent veins since your body's veins are all interconnected in an intricate system.

The pressure in the afflicted vein is increased by venous diseases such as chronic venous insufficiency and deep vein thrombosis. Then other problems are brought on by excessive venous pressure.

The one-way valves are likewise stretched and become weaker by the pressure shift. Before other indications of the underlying problem become apparent, spider veins in your legs may signal excessively high pressure in more prominent veins.

Visit your doctor if you notice corona phlebectatica or spider veins around your ankle or legs. Spider veins on the ankles signify a severe chronic venous insufficiency.

What brings about spider veins?

When the veins' valves stop working, the blood starts to pool, and the infected veins enlarge, leading to spider veins. Varicose veins, more prominent aberrant veins, are carried on by the same problem.



Many people wonder, "[Do Spider Veins Come Back After Laser Treatment?](#)" The spider veins that your surgeon has treated will not return. Still, your body constantly forms new blood vessels with healing, so there are chances of appearing new spider veins on the skin's surface.

Risk factors for developing spider veins

The factors that put people at risk of developing spider veins are much like varicose veins disease, including:

Obesity.

People with extra weight or who are overweight are likely to have spider and varicose veins; excess weight puts pressure on the veins and causes vein diseases.

Age.

While the condition doesn't just affect the elderly, spider veins worsen over time. This is due to the high wear and tear that venous valves experience over time, which makes blood circulation more challenging and may cause blood to pool.

Pregnancy.

During pregnancy, many women can suffer from vein disease because the blood volume doubles to sustain the growing baby, which may result in enlarged and spider veins.

Genetics

The chances of developing spider veins increases if others in the family suffer from them.

Sedentary lifestyle.

Long periods of standing or sitting reduce blood flow and may cause blood to pool. Extended periods restrict blood from flowing easily.

Gender.

Hormonal changes in women during pregnancy and menopause, at this peak time, spider veins, are more likely to occur in women.

Conclusion:

Treating varicose and spider veins on time can reduce the risk of progression or worsening disease. Call your doctor if you want treatment for spider veins or want to discuss other vein concerns. [What is a Vein Specialist Called?](#) A vein specialist is a doctor who treats your vein diseases and the underlying disorder, venous insufficiency.

Schedule an appointment with your doctor now.

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