

Vein Disease: Spider Vein vs. Varicose vein.

Vein disease is not a thing to keep with you in your body as it has many side effects on the body. Vein diseases are common in many people and can occur at any age. Spider and varicose veins are the most common vein diseases found in many people. These veins affect both internally and externally. These diseased veins commonly occur in the legs, feet, or ankles.

Therefore, these diseased veins can cause pain, swelling, and itching in the leg area. These veins are blue or red, appear underneath the skin, and look unattractive. It can reduce your confidence and limit you from wearing the clothes you choose as they are large veins that can be seen easily on the skin.

Therefore, spider veins are more common among women than men. With a spider or varicose veins, people must make lifestyle changes to treat the vein and reduce the symptoms. Let's know more about vein disease.



Spider veins vs. varicose veins

Spider veins are damaged capillaries, venules, and arterioles. Therefore, varicose veins are large damaged veins. Varicose veins are larger vessels that take oxygen-poor blood back to your heart. However, varicose veins are more prominent than spider veins, which are bigger and tend to swell the exterior of your skin.

Spider veins are not so harmful as varicose veins; spider veins cause fewer symptoms and are sometimes considered a cosmetic problem. But, treatment is necessary whether it is varicose or spider veins. You need to visit a vein specialist so that these veins do not cause any further health issues. [What is a Vein Specialist Called?](#) You may be thinking about who and what a vein specialist is. A vein specialist is a doctor who specializes in veins and treats vein disease.

Spider veins can also cause problems sometimes, so visiting a vein center for treatment is necessary. If you have spider veins, you can have varicose veins because they have the same reasons to occur and risk factors.

You are at higher risk for spider veins if you:

- Stand or sit for long hours.
- Have a family history of spider veins or varicose veins.

- People who are obese are at higher risk of having vein disease.
- If you are pregnant.
- Spend a lot of time out in the sun.
- Have a habit of smoking, then need to quit smoking.

Therefore, you need treatment for spider or varicose veins if you have symptoms like skin discoloration, swelling, itching, or pain in the affected area. Having these symptoms, you need to visit a vein specialist to take the treatment immediately. Many people think **[Do Spider Veins Come Back After Laser Treatment?](#)** The new vein can occur as the diseased veins are removed, and they won't appear. Visit a vein specialist to learn more about vein disease.



In Conclusion:

If you have symptoms of spider or varicose veins, your doctor will need to diagnose spider veins; your healthcare provider will perform a physical exam to look for any vein problem, and even they will ask about your medical history and family history. The health care provider will look for signs of CVI to confine if your spider veins are a severe blood flow problem. Then you may need to see a vascular surgeon for treatment options if you have CVI. Book an appointment with your vein doctor to know if you need treatment. Consult now!

Article Source : <https://www.articleaffiliate.com/vein-disease-spider-vein-vs-varicose-vein/>