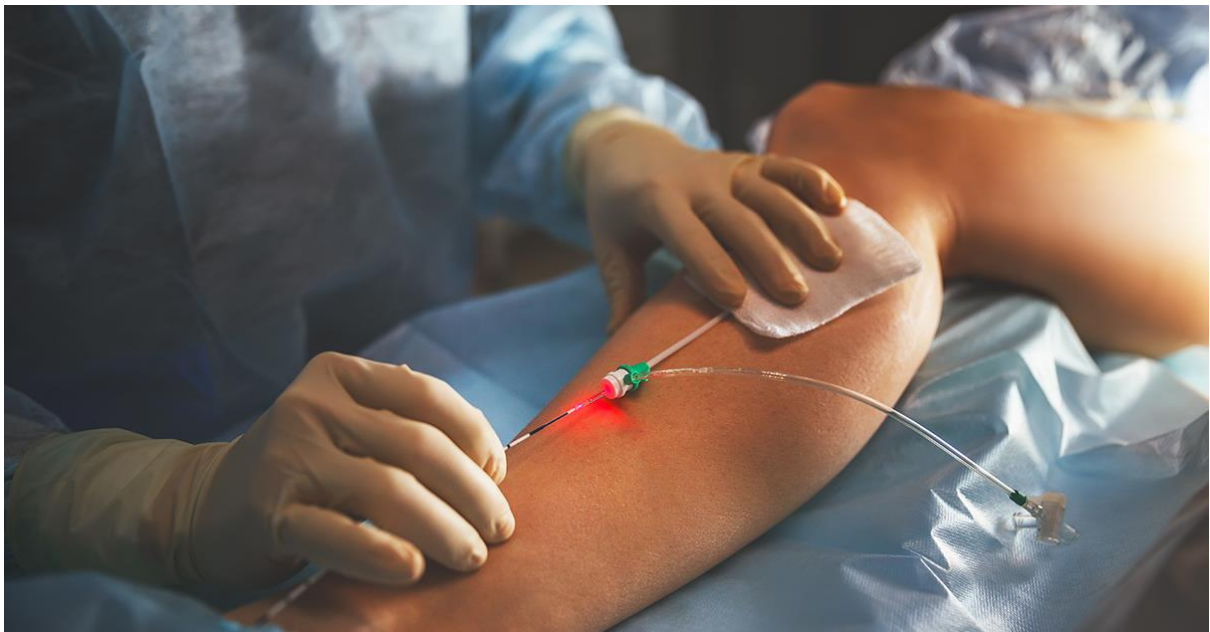


How Do You Treat Varicose Veins?

Numerous people are tired of suffering from the pain and discomfort of varicose veins. It is obvious to understand the pain and severity of varicose veins as it is very challenging to hide enlarged veins while wearing beautiful outfits for events and occasions. It is difficult to avoid every occasion and event because of varicose veins in the legs. With the help of vein specialists, we have found that there are numerous treatments available for varicose veins not only medically proven but also in natural ways. In this article, we have mentioned many different effective ways of treating varicose veins that you should know, make sure to go through this entire article till the very end to not miss out on anything important.



What are varicose veins?

Varicose veins are twisted, enlarged veins and bulgy veins that appear on the external surface of your legs. These veins generally appear on legs due to standing and sitting for long hours which increases the stress on the lower body.

What are the core causes of varicose veins?

We have mentioned below some core causes of varicose veins which will help you understand what is the reason for the development of these varicose veins in legs:

- pregnancy
- menopause
- age over 50
- standing for long periods

- obesity
- Genetic

What are some potential symptoms of varicose veins?

We have mentioned some potential symptoms of varicose veins mentioned below that will help you in identify this disorder in the initial stage:



- Severe pain in legs
- Swollen legs
- Heaviness in legs
- Itching around veins
- Enlarged twisted veins
- Discoloration of skin
- Surface bleeding
- Burning and throbbing sensation in legs

If you are someone who witnessed these symptoms in your legs then you should visit a vein specialist for varicose vein treatment.

How to get rid of varicose veins naturally?

We have mentioned some natural ways of treating varicose veins including some of these mentioned below:

- You should avoid standing for long times.

- You should lose weight if you are excessive overweight
- Exercise regularly can help in improving your blood circulation.
- You should always wear compression stockings

How to get rid of varicose veins medically?

Here we have mentioned some effective medically proven treatments of varicose veins below:

- Sclerotherapy
- Laser treatment
- Radiofrequency or laser energy
- High ligation and vein stripping
- Endovenous ablation therapy

Do make sure to ask your vein specialist about these treatments in detail for understanding and discuss which treatment is most suitable for you.

What is a Vein Specialist Called?

Numerous people out there are confused about **what kind of doctor is a vein specialist** or **what kind of doctor treats veins**. We have found with the help of a vein specialist that a vein specialist is a doctor who is known as a phlebologist in medical terms. A vein specialist or phlebologist is a doctor who specialized studies in treating and diagnosing varicose veins. If you are suffering from varicose veins or spider veins it is suggested by many vein specialists that you should visit a specialist for precise disorders.

Conclusion

We hope you liked this article and now you know how you can fix or treat your enlarged and twisted varicose veins. If you are looking for a vein specialist then you can simply visit our website for a vein specialist and book an appointment for an initial consultation.

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