

Fast Facts

Varicose Veins

- Enlarged and twisted looking veins
- Result of weakened or damaged valves within the veins
- Valves are supposed to prevent blood from backflowing on its return to the heart. When the valves aren't functioning correctly, it can cause the blood to collect in the vein and this leads to them stretching and twisting
- Can happen anywhere on body, but it's more likely to occur on legs, especially lower legs because the veins are having to work against gravity. Usually, when the muscles contract and relax in the lower legs, it helps to pump the blood back to the heart
- Subset of varicose veins are spider veins. These are very similar, but just smaller because they are found closer to the surface of your skin. They get their name because they look like a spider's web. They are most often found on the legs, but can appear on your face

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Non-Painful:</i></p> <ul style="list-style-type: none"> -Dark purple/blue veins -Veins that look twisted/bulging <p><i>Painful:</i></p> <ul style="list-style-type: none"> -Achy/heavy feeling in legs -Burning, throbbing or muscle cramping sensation -Pain is worse after sitting or standing for long periods of time -Itching and skin discoloration around the affected veins <p><i>Spider Veins:</i></p> <ul style="list-style-type: none"> -Red/blue-colored -Vary in size 	<ul style="list-style-type: none"> -Compression stockings -Lifestyle changes (see Prevention) <p><i>Procedures (outpatient):</i></p> <ul style="list-style-type: none"> -Sclerotherapy -Laser treatments -Radiofrequency or laser energy via catheter -High ligation and vein stripping -Phlebectomy -Endoscopic vein surgery <p><i>Note:</i> If you experience varicose veins when you're pregnant, they'll like resolve on their own within 3 – 12 months after delivery</p>	<ul style="list-style-type: none"> -Exercise -Eat a healthy diet -Lose any extra weight -Avoid sitting or standing for long periods of time -Elevate legs throughout the day -Avoid tight clothing around your waist, groin and legs -Don't wear high heels

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