What are Varicose Veins?

Varicose veins are enlarged, swollen and abnormally thick veins. You are most likely to develop varicose veins in your legs leading to cause swollen feet. This condition can cause aching in your legs.

Your veins have valves which make the blood flow in one direction. When these valves become weak due to some reason, blood flows in reverse back into the veins causing your veins to swell.

Women are more prone to develop varicose veins but it can affect men too. It is a common ailment which can affect people of all age groups.

Risk factors include weight gain, sedentary lifestyle and pregnancy. Trauma is also a known factor among various varicose veins causes.

Varicose veins develop slowly and progressively. This process does not stop on its own without proper treatment.

Causes of Varicose Veins

There are several factors that make it more likely for you to develop varicose veins. However, medical experts are yet to determine the exact cause. Among other causes of varicose veins,
dysfunctional or weak valves in your veins are mainly responsible. Here are some of the risk factors:

Heredity - Having family members who suffer from varicose veins considerably increases your risk of getting this condition.

Gender - Physiological and hormonal changes such as pregnancy, menopause and puberty make women more prone to get varicose veins than men.

Age - The normal aging process of wear and tear increases the risk for varicose veins in the elderly.

Obesity - Extra body weight exerts more pressure on your veins and this leads to varicose veins that can cause swelling of the foot.

Sedentary Lifestyle - Maintaining a statutory position for longer periods makes your veins work harder. Sitting or standing for extended periods of time in the same position raises risk of varicose veins.

**Symptoms of Varicose Veins**

You may experience no symptoms besides the unpleasant appearance of enlarged, swollen or bulging veins. Nonetheless, in some people varicose veins symptoms are more prominent.

You may have feet and ankles that are swollen, a feeling of tiredness, aching and heaviness in your feet at the day’s end or after standing for long periods.

The condition of varicose veins is progressive and there is a possibility of symptoms worsening over time. If left untreated, complications can cause greater pain and suffering.
Varicose Veins

**Treatment for Varicose Veins**

Varicose veins treatment includes surgical and non-surgical methods and the severity of the condition decides the mode of treatment in most cases.

Non-surgical methods involve compression stockings to relieve the aches and swelling and facilitate easy flow of blood from your legs to your heart. This method tries to slow down the process of varicose vein formation.

Treatment for varicose veins includes surgical methods that are decided upon when you experience great pain and discomfort. Ligation and stripping are the two main procedures involved. These entail removal of the varicose veins as a preventive measure to prevent a future relapse.

A laser procedure is the preferred choice of treatment. It does not involve incisions required in surgical treatment and thus, is less invasive. This reduces incidence of infection of wounds. You experience minimal or no discomfort, and in case you do, they can be taken care through medication.