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What Are Varicose Veins And Its Treatments?

ope you liked this article and now you have a piece of good knowledge with you about varicose veins and their treatment. If you are someone

Many people aren't able to identify if they are suffering from varicose or spider veins because they lack knowledge about the vein disorder. In this article, we have mentioned all the gathered information about varicose that will be useful for you if you are suffering from varicose veins so make sure to read this article if you want to know more about its treatment.

What are varicose veins?

Varicose veins are the veins that are enlarged, swollen and p[ainful. These veins generally appear on your legs and face due to improper blood circulation and blood clots.



Vein disorder doesn't cause you any harm until it is serious, many doctors suggest exercise daily and change in diet for the people who are suffering from the initial stage of varicose veins.

What are the signs of varicose veins?

Here are some signs of varicose vein disorder induing mentioned below:

- › Swollen and twisted veins
- › Large and bulgy veins
- › Discoloration in the skin of your legs
- › Painful veins
- › Muscle cramps
- › Heaviness in legs
- › Difficulty in standing
- › Burning Throbbing sensations
- › Itchy legs

What causes varicose veins?

Here are some causes of varicose veins that you should know, with the help of these causes you can easily avoid the development of varicose veins:

- › Hormones change including pregnancy and menopause
- › Aging process
- › Overweight
- › Tight clothing
- › Excessive force on the vein due to standing for long periods

When should I be worried about varicose veins?

A person should start worrying about vein disease when they are witnessing some of these problems including:

- › severe and prolonged hours of pain in their legs.
- › If you suffering from heaviness in your legs
- › Itchiness in legs
- › Not able to stand for long hours
- › Tenderness in your veins
- › Swollen veins

These were some signs that you should not avoid in varicose veins and visit a vascular surgeon for treatment.

Are varicose veins covered by insurance?

The vein disease is generally covered in insurance but there can be a chance of not. So make sure to ask your vein specialist when you visit the doctor's clinic for an initial consultation about your vein treatment. Make sure to ask your doctor in the first place about insurance coverage.

What is the treatment for varicose veins?

There are many treatments available for varicose veins suggested by a vein specialist including some of this mentioned below:



- » Elevation your legs
- » Exercise daily
- » Lost weight
- » Change in diet increase in high fiber
- » Compression stockings:
- » Sclerotherapy therapy
- » Laser therapy
- » Vein surgery is also known as ligation and stripping

What kind of doctor treats varicose veins?

For treating your varicose veins you must visit a vascular surgeon or a vein specialist. A vein specialist or a vascular surgeon specialist is a doctor that specializes in treating vein disorders with the help of the best training and decades of experience in vein removal treatment.

Conclusion

We hope you liked this article and now you have a piece of good knowledge with you about varicose veins and their treatment. If you are someone looking for a vein specialist then make sure to visit our website where you can find as many vein specialists and

treatment-related articles that will help you in your treatment.

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