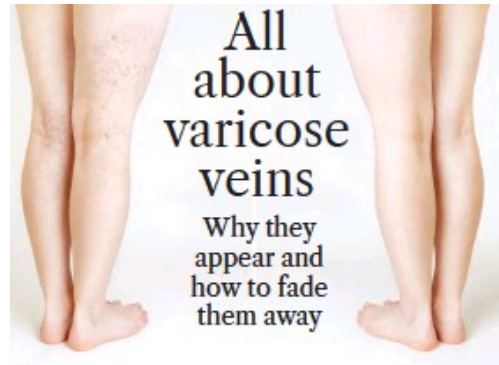


All about varicose veins

Why they appear and how to fade them away

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Varicose veins can either crush someone's confidence or cause distress for others. They are those bulging, web-like lines that stretch out and become visible on the skin. They usually appear on the legs, where they are most common, or some- * times at the feet as well, but they can appear almost anywhere on the body. This week, let us find out what causes varicose veins and ways how to treat them.



Varicose veins, also called varicosities, are veins that appear on the skin's surface due to pressure such that they gather blood, swell, make the veins visible, and eventually damages them. Varicose veins are slightly different from spider veins as the latter are thinner and smaller. But both are caused by several factors such as genetics, aging, hormonal changes like puberty or pregnancy, injury, and your lifestyle habits such as being obese, frequently wearing tight garments or heeled shoes, or having a sedentary job or lifestyle where you sit or stand for prolonged periods. Females also pose a higher risk than males. Symptoms of varicose veins vary but may include cramps, rash, swollen ankles, numbness, dry skin, sores, or pain in the area.

Usually, varicose veins are harmless until they start disrupting the body's circulation, which can lead to more serious consequences such as blood clots. Treatment for varicose veins will also depend on what caused them, and maybe one or a combination of several treatment options. Dieting or exercise may be suggested for those who are obese and who are not physically active. Compression stockings may also be recommended to ease discomfort and to keep the blood from collecting in the veins. Sclerotherapy is another treatment wherein a special solution is delivered into the vein via injection to help fade them gradually. Lasers such as Lustrii Vasclear and White Blanc Laser can also help by destroying damaged veins via high-frequency energy. Surgery is also an option to take them out. If you do not have varicose veins, lucky you! Keep your body free from varicose veins by practicing a healthy and active lifestyle, maintaining your weight, resting in between standing up for long periods, and wearing comfortable clothes and shoes. If you start to notice any of the symptoms above, consult a physician right away for proper diagnosis and treatment.

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