

Varicose Veins

Varicose veins are enlarged, swollen, and twisted veins that typically appear on the legs. They occur when the valves within the veins malfunction, leading to poor blood flow and resulting in the veins becoming dilated and twisted. Varicose veins are often a cosmetic concern, but they can also cause discomfort, pain, and other symptoms.

Here are some key points about varicose veins:

Causes:

1. **Weak or damaged valves:** The veins in our legs have one-way valves that help blood flow against gravity. When these valves weaken or become damaged, blood can pool in the veins, causing them to enlarge and become varicose.
2. **Age:** The risk of developing varicose veins increases with age, as the veins naturally lose elasticity over time.
3. **Gender:** Women are more likely to develop varicose veins due to hormonal changes that occur during pregnancy, menopause, and the use of certain contraceptives.
4. **Pregnancy:** The increased blood volume and hormonal changes during pregnancy can contribute to the development of varicose veins.
5. **Family history:** If your parents or other close relatives have varicose veins, you may have a higher risk of developing them.

Symptoms:

1. Bulging, twisted veins that are visible beneath the skin.
2. Aching, throbbing, or heaviness in the legs.
3. Swelling, especially after prolonged periods of standing or sitting.
4. Itching or a burning sensation over the affected veins.
5. Discomfort worsened by prolonged sitting or standing.

Treatment options:

1. **Lifestyle changes:** Regular exercise, maintaining a healthy weight, avoiding prolonged sitting or standing, and elevating the legs can help improve symptoms and prevent the worsening of varicose veins.
2. **Compression stockings:** These tight-fitting stockings provide graduated compression, helping to improve blood flow and reduce symptoms.
3. **Sclerotherapy:** This treatment involves injecting a solution into the varicose veins, causing them to collapse and fade over time.
4. **Endovenous laser treatment (EVLT):** A laser fiber is inserted into the affected vein, delivering heat that causes the vein to close and eventually fade.

5. Vein stripping and ligation: In severe cases, surgical procedures may be recommended to remove or tie off the affected veins.

It's important to consult your doctor at SunStar Clinics for a proper diagnosis and to discuss the most appropriate treatment options for your specific situation.