

## What Are Varicose Veins, Preventions, and Varicose Vein Removal Treatment

Varicose veins are the either blue or purplish veins that are enlarged due to the excessive pressure. We can see them bulging out of person's leg. These are very common problem worldwide.

Generally these veins are damaged veins. Though these varicose veins can happen any where in the body, mostly these are found in the legs. Once the veins are damaged, the free blood flow traps in the veins resulting swelling of the effected veins. Once the swelling happens to such extent that these swelled veins are visible on the surface of our skin and called varicose veins.

### Prevention:

There's no perfect way available to completely prevent the varicose veins problem. But by improving blood circulation and toning of muscles can reduce the risk of developing varicose veins. However, there are some traditional approaches used to prevent or at least minimize the impact of varicose veins. Some of them are:

- Exercise: Exercise is the great way to prevent varicose veins. Get your legs always moving-walking is the best way to encourage blood circulation in the legs. Your physician will recommend a proper activity that suits you.
- Watch your weight and diet: Shedding those excess kilograms will remove that extra pressure off from your leg veins. Therefore what we eat makes a huge difference. If you are suffering from varicose veins symptoms don't forget to follow a low-salt and high-fiber diet to prevent varicose veins.
- Watch what you wear in your legs and feet: Avoid high heels. Since low-heeled sandals and shoes make calf muscles work more, it's better for the leg veins. Never wear tight clothes around the waist and legs.
- Elevate your legs to increase blood circulation. Taking many short breaks daily to elevate legs above the level of heart is very good to prevent varicose vein.
- Avoid long sitting or standing hours. Change your sitting or standing position frequently. That encourages blood flow.

Varicose Vein Removal Treatments:

There are various varicose vein removal treatments available. Some of the procedures that your doctor may recommend are:

A - Sclerotherapy: It's the non-surgical procedure. In this treatment a solution is injected into the varicose veins to make them disappear.

B - Endovenous Laser Treatment: Endovenous Laser Treatment works through heating inside the vein, as a result it seal shuts and disappears. In this treatment a very thin laser fiber is inserted into the damaged vein.

C - Radiofrequency Occlusion: This method treats varicose veins by heating them. It causes the veins to contract and ultimately close.

D - Laser and Pulsed Light Treatments: In this therapy a light beam is pulsed onto the damaged veins in order to seal them off and to dissolve them.

There are various other varicose veins treatment options available as well. Find the best treatment that suits you most. Moreover, there are some alternative medicines also available. Such as horse chestnut seed extracts and certain herbs are also helpful in improving the swelling and discomfort due to the varicose veins.

&nbsp;

### About the Author

To get the proper [varicose vein treatment](#) in your area, don't forget to locate a specialized [varicose vein doctor](#) in your area. For more information about [varicose vein](#) please visit only the best vein clinic in your neighborhood.

Source: <http://www.donany.com>