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The blue, swollen, lumpy-looking veins and their cousins, the *œ*car tankers, are just the most obvious signs of varicose vein disease. Veterans of this condition know very well that these visible veins often come with sore, tired and actual legs. Crossing the legs, using high priests and standing on concrete floors have been blamed for varicose veins, but there is little medical evidence that supports it, says Dr. Mark N. Isaacs. By far, the most important factors are hormones and gender. *À* *œ*The people ask me what they can do to prevent varicose veins, my best answer is: *À* «Get different parents next time,» says Isaacs. *MÀ* s: 3 Ways to get pretty legs Although you can signal the heritage and hormones, your age, occupation, weight, pregnancies number and even your shoes worsen the affection. Women have more likely to have varicose veins than men. In fact, according to a survey conducted by the American Society of Dermatological Surgery, almost 300,000 venous procedures are carried out in year, and 86% of them are in women. The affection is not usually life-threatening, so there is no reason to enter panic or quickly go to a doctor. However, if you have varicose veins, you and your legs will be better knowing how to handle them. Here are 13 varicose rod treatment options recommended by experts and advice on how to prevent them, as well. Get Gravity on Your Side Varicose veins are weakened veins that lack the strength once they had to return the blood to the heart. The veins of the legs are the most susceptible because they are more removable and straight from the heart. Lifting your legs facilitates your work a lot. *À* «The elevation of the legs uses gravity to help reduce the pressure in the veins; Unfortunately, it only works while the legs are elevated, "Isaacs says. USE. They help to provide relief. These stockings, available at pharmacies and department stores, resist the tendency of blood to build up in small small blood closer to the skin. (Instead, blood is introduced into the larger, deeper veins, where it is more easily pumped back into the heart.) Wear compression stockings These special stockings, usually sold at medical supply stores instead of pharmacies, are to support the hose what is a Magnum .45 for a BB gun. "They provide more pressure on the ankle, less pressure on the thigh. This helps push the blood out of the veins and overcome the valves that don't work", says Tej M. Singh, MD. Measure for a good quality average. Wear sensitive shoes Avoid wearing heels longer than 1 inch. "High heels make you walk with the buttocks muscles, but it's the calf muscles that reduce varicose veins", says Mitchel P. Goldman, MD. (Here are 5 signs that you are wearing the wrong shoes.) Careful with Your Weight Maintaining a healthy weight will remove the excess pressure on your legs that causes your veins to surface, says Robert Weiss, MD. Weight loss can help prevent the development of varicose veins and spider veins in the first place, he adds. More: 15 Small changes to lose weight Faster Stay away from tight clothing Restrictive clothing may actually trap blood, causing clots. Clothing around specific parts of the body, such as the waist, legs, and groin area, can restrict circulation and cause the appearance of spiders and varicose veins, says Weiss. Suspicion of the pill Hormonal imbalances, which sometimes occur with birth control pills, can be the cause of spider veins. If your problem appeared after you started taking the pill, there may be a connection. (If you're looking for another option, consider these 10 non-hormonal forms of birth control.) Don't smoke A report from the iconic Framingham Heart Study found a correlation between smoking and vein incidence Researchers conclude affirming that smoking can be a risk factor for varicose veins. Keep those legs moving! walking, riding a bicycle and swimming help maintain blood circulation on your legs and reduce arterial blood pressure blood pool", says Weiss. He also advises you to change position every 30 minutes while you are sitting to help blood flow and keep your veins healthy. Flex your calf muscles frequently on your desk, on long trips by car, or on a plane to keep the circulation going, she adds. The leg muscles act as pumps for the veins of the legs, so the exercise that builds muscle tone in the muscles of the calf and thigh is very important, says Isaacs. Walking is the simplest exercise to build tone, he says. In fact, Framingham's study found that sedentary adults were more likely to have varicose veins than those who were active. Prop While you sleep "Sleep with two or three pillows under your legs so that your feet are higher than your heart", Singh recommends. Find Water Relief Relief for varicose veins may be as close as your shower. During the shower, alternate between applications of warm and cold water on the legs. Change temperatures at intervals of 1 to 3 minutes, and repeat the change three times. The change in temperature causes the blood to move as it expands and contracts the blood vessels. But avoid overheating Don't subject your legs to excessive heat: Everyone enjoys a hot bath or relaxing in a hot tub from time to time, but it's important to keep it to a minimum, says Weiss. "The heat associated with baths and hot tubs will actually increase the swelling of the veins and lead to blood buildup". The fiber diet may be the key to preventing varicose veins. (Here are more health benefits of fiber.) Making efforts to have an intestinal evacuation puts pressure on the veins of the lower legs. Over time, this pressure favors the development of varicose veins. A diet rich in fiber can This gradual development before it is too late. The fiber maintains the residues moving freely through the system, because we so say, avoiding the effort and thus preventing the varicose veins in the long term. Try to get around 25 grams to the day of sources such as bran cereals, beans and whole grains. whole Visiting the doctor? A hundred years ago, doctors pulled out varicose veins with hooks. Fortunately, today's treatment is much more humane, and helpful. Today, injection therapy is used with resonant success against the strongest varicose veins. But when varicose veins guarantee a trip to the doctor? When they have two major complications: coagulation vein and rupture. The clots are usually visible as red lumps in the veins that do not decrease in size even when you place your legs. The area around the clot will become very painful, painful and tender. Varicose veins around the ankle areas are more likely to break and bleed. This is much more dangerous than clotting because it can lose blood very quickly. If this happens, apply pressure to slow the bleeding and get to your doctor. More: 10 Things That Can Increase Your Risk of Blood Clot Panel Advisors Mitchel P. Goldman, MD, is the Medical Director of La Jolla Spa MD, in La Jolla, California and a visiting clinical professor at the University of California, San Diego. Medical school. Mark N. Isaacs, MD, is a phlebologist in Walnut Creek, California, who specializes exclusively in the treatment of the non-bourgeois vein. He is at the Faculty of Teaching of the American College of Phlebology and the editor of the university's newsletter, the VEIN line. TEJ M. Singh, MD, is an endovascular surgeon in Palo Alto, California and clinical director of vascular surgery at El Camino Hospital in Mountain View, California. Robert Weiss, MD, is a dermatologist in Hunt Valley, Maryland, associate professor of Dermatology at Johns Hopkins in Baltimore, president of the American Society of Dermatological Surgery, and author of many medical textbooks, including Diagnosis and Treatment of the Vein: A Complete Approach. This content is created and maintained by a third party, and imported to this page for users to provide their email addresses. You may be able to find more information about this and similar content at Piano.io Piano.io Piano.io

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