



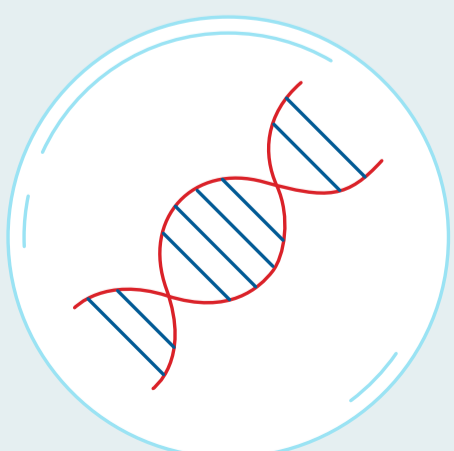
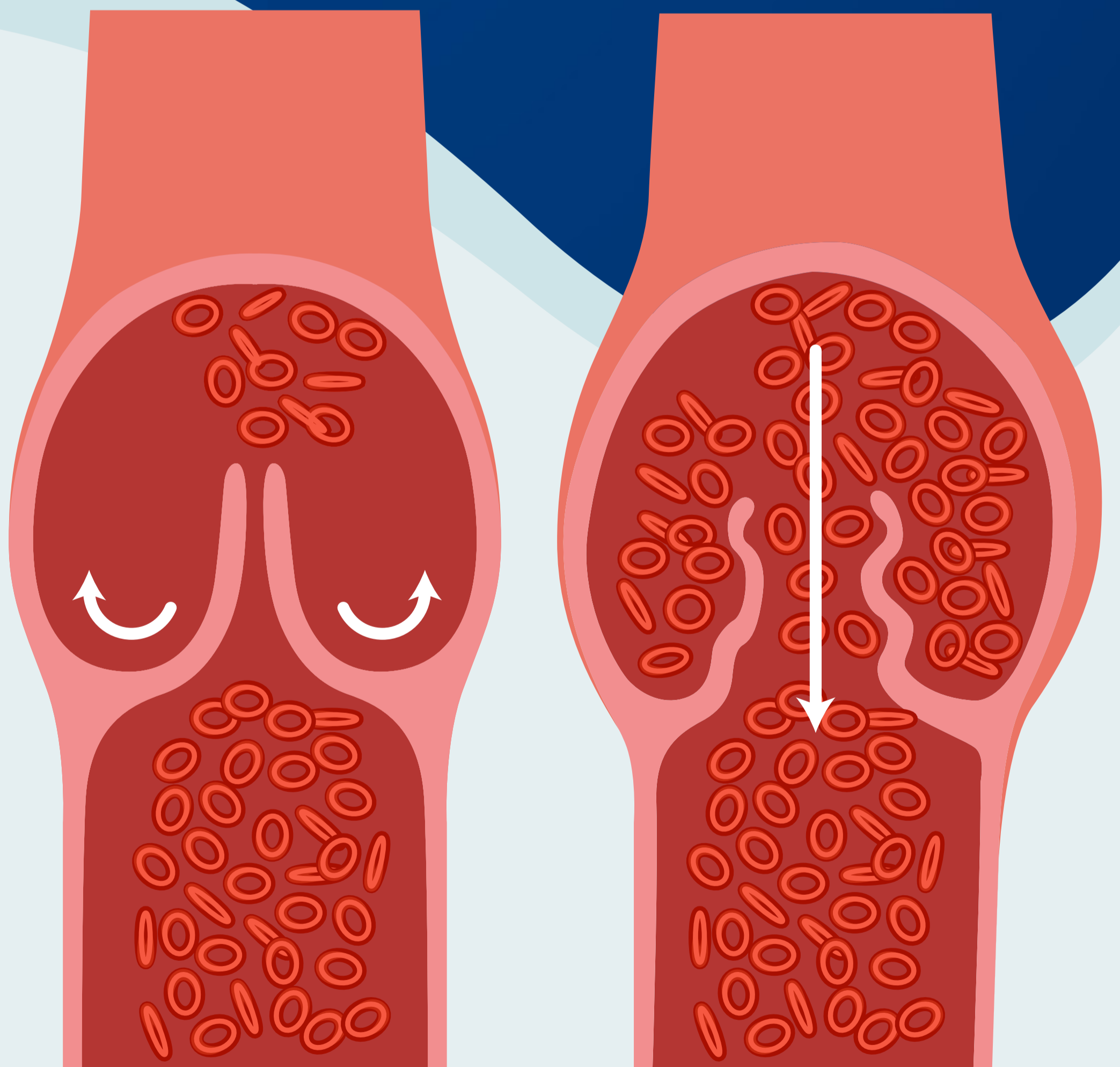
# Know everything about your **Varicose Veins**

## 1 **What are varicose veins ?**

Varicose veins are visible, bulging, unsightly veins in the legs. They are not just a cosmetic problem. They can often cause pain, leg heaviness, night cramps, itching, or swelling.

## 2 **Why do varicose veins occur ?**

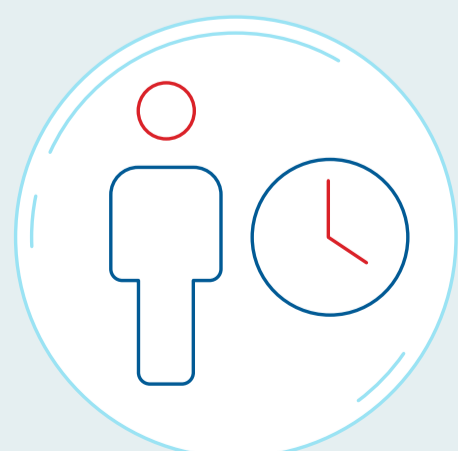
The primary reason for the development of varicose veins is a reversal of blood flow due to vein wall weakness and impaired valve function. Risk factors are



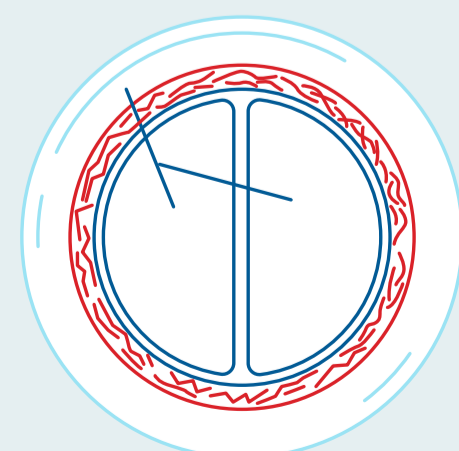
Heredity



Hormonal - more common  
after pregnancy



Prolonged  
standing



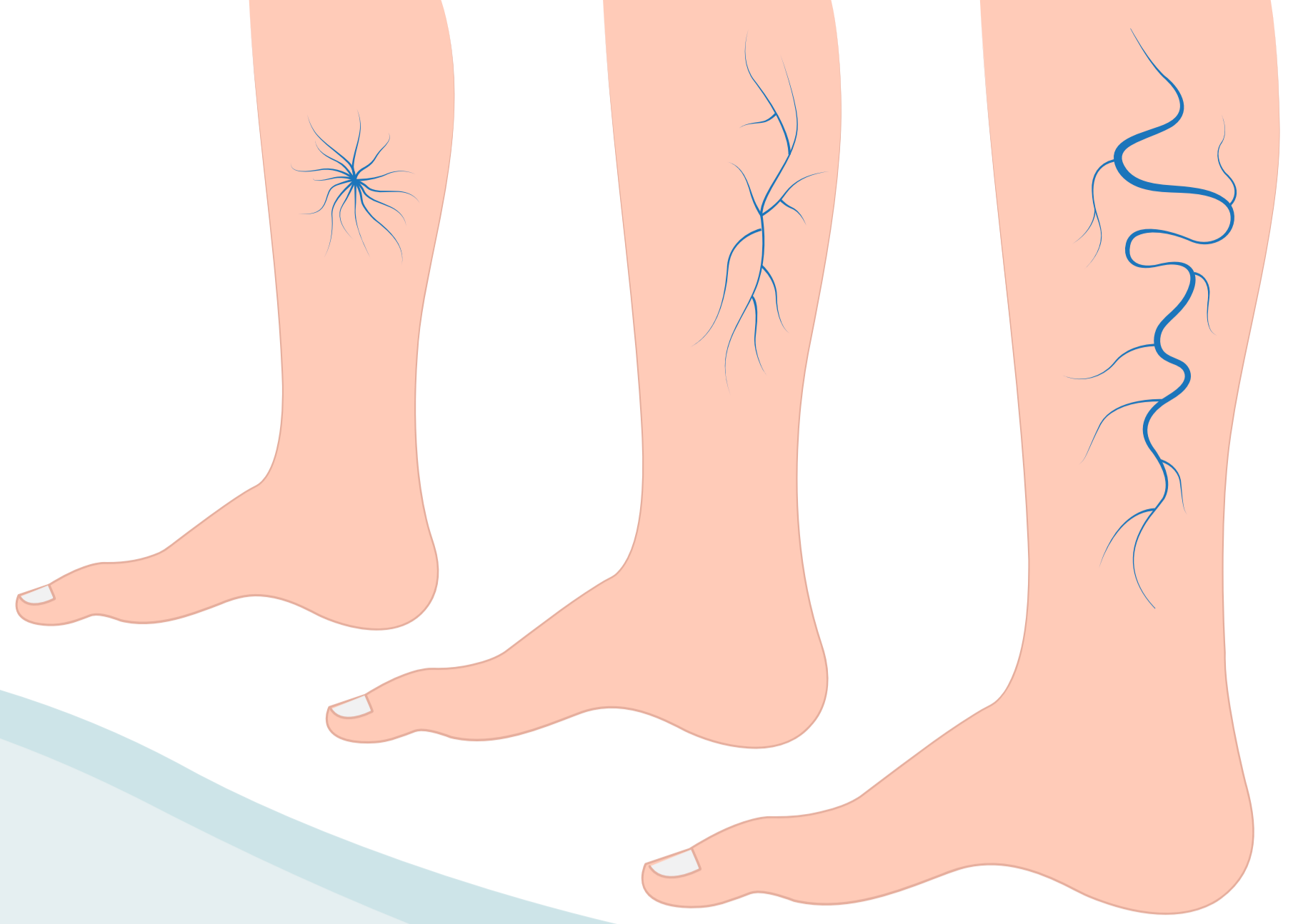
Dysfunctional  
vein valves



Obesity and aging  
also play a role

### 3 How to diagnose varicose veins

You may self-diagnose by seeing your legs. A vascular surgeon may do a Color Doppler for further diagnosis.



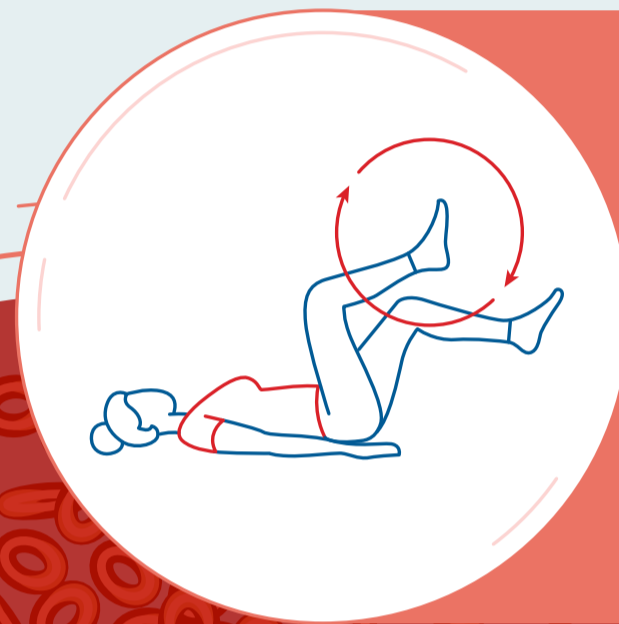
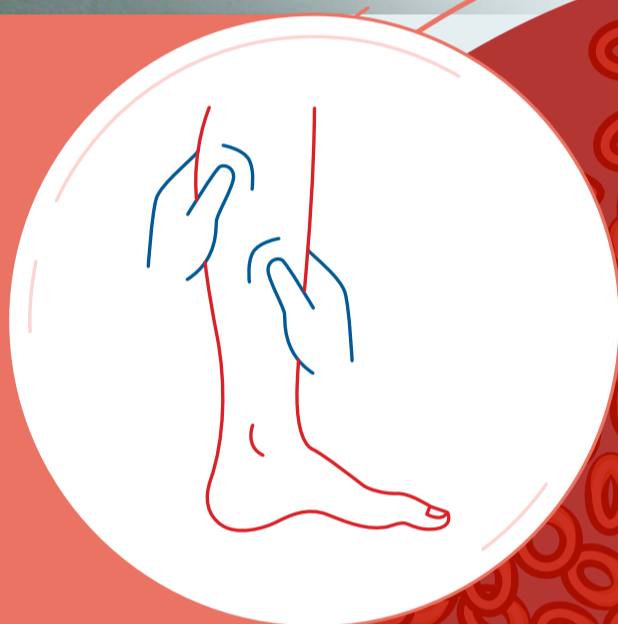
### 4

#### Can varicose veins cause problems?

If ignored, varicose veins can compromise the nutrition of skin and lead to pigmentation, skin thickening or ulceration and bleeding. Patients with varicose veins also have a higher risk of Deep Vein Thrombosis (DVT).

#### Massage by Essential Oils

When massaged onto the affected area, oils like lavender and cypress temporarily relieve pain and swelling.



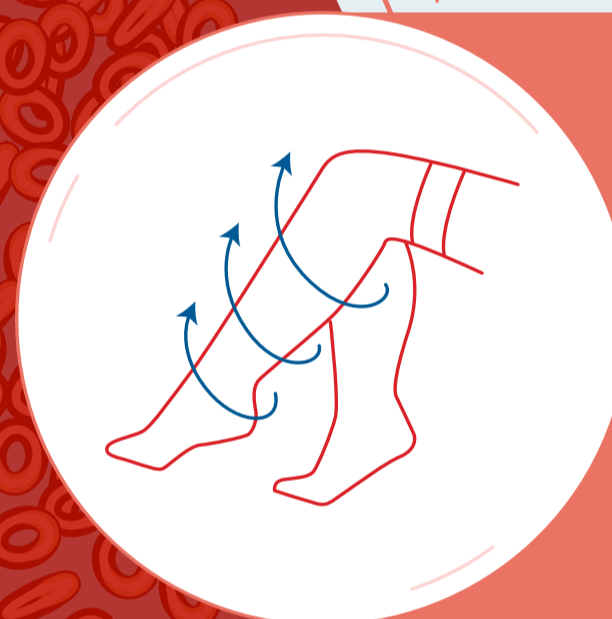
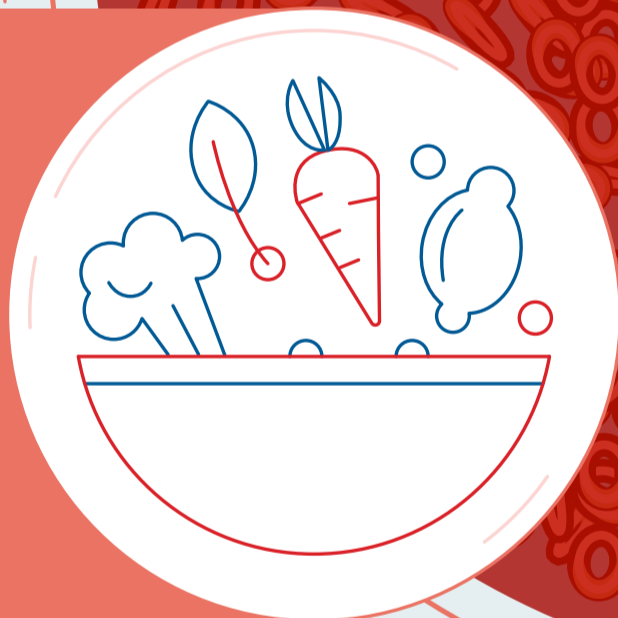
#### Regular Exercise

**Benefits:** Improves circulation, strengthens leg muscles, and reduces venous pressure.  
**Recommended Activities:** Walking, swimming, and yoga.

### 5

#### How can you control your vein problems?

**Healthy Diet**  
A diet rich in fiber, antioxidants, and omega-3 fatty acids promotes better vein health



#### Compression Stockings:

Useful to keep veins compressed and prevent vein blood stasis



#### Elevating Legs

Elevating your legs above heart level for 15-20 minutes daily helps drain pooled blood and relieves pressure on veins.



### 6

#### When should you consult a vascular surgeon?

**Medical intervention is necessary if you experience:**

- Persistent pain or swelling.
- Skin changes, such as ulcers or discoloration.
- Veins that continue to worsen despite lifestyle changes.