

What causes varicose veins and can they be treated?

Many people think of varicose and spider veins as simply a cosmetic concern; however, they are often a sign of an underlying medical condition called venous insufficiency. Simply defined, venous insufficiency means veins that no longer work. This is thought to be from weakened valves in these veins.

Venous insufficiency is quite common, affecting about one in three American adults.

The condition is often progressive and worsens over time. Initial symptoms may be heaviness, aching, cramps and swelling. As vein walls become weaker over time they can often bulge and protrude from the skin. This increased pressure can also form spider veins on the surface of the skin. Venous insufficiency is often hereditary and more common in females. Certain occupations that involve prolonged standing or sitting can also be risk factors. Other risk factors include pregnancy, age, and previous injury. This is a progressive condition, but thankfully it is treatable with new minimally invasive treatments.

In the past few years there have been significant advances in vein treatments that allow us to treat patients in our office in about one hour.

While each patient's case is unique, treatment options can include a combination of laser, radio frequency, ultrasound guided treatments and Varithena® – which is a revolutionary treatment that uses microfoam injections. The ultimate result is the elimination of unhealthy veins. When this occurs, blood is automatically rerouted to the remaining healthy veins. All treatments are nearly pain free and have little recovery time. Most patients can return to work and their regular activities the same day.



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Metro Vein Centers Overview

Founded in 2008, Metro Vein Centers is a leader in the treatment of vein and vascular disorders like varicose veins, spider veins and other venous conditions.

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