PHYSICIANS VEIN CLINICS

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What is Vein Disease or Chronic Venous Insufficiency?

Venous disease starts when blood doesn't flow properly through the veins back to the heart. The pooling of blood in the vein causes it to swell, leading to discoloration and discomfort. Large veins become varicose veins, while smaller veins are known as spider veins.

Varicose veins and spider veins come in all shapes and sizes. They affect approximately 80% of adults. While many see varicose veins and spider veins as a cosmetic matter, varicose veins can actually lead to serious health issues without proper treatment.

Varicose Veins vs. Spider Veins

Though varicose veins and spider veins are often used interchangeably, they are quite different.

Appearance
- Varicose veins often appear as enlarged, bulging and twisting veins that are raised above the skin's surface.
- Spider veins look like mini varicose veins. They are smaller in size and called "spider" due to their spider-like appearance. They can be red, purple or blue in color.

Where
- Varicose veins often appear on the inside of your legs, back of the calves and thighs.
- Spider veins can present themselves anywhere on the legs.

How Varicose and Spider Veins Form
- Damaged or weakened valves can cause varicose veins. Instead of flowing out of the veins, blood leaks backward and accumulates in the veins.
- Genetics, age, lifestyle, and blood clots can all cause varicose veins.

Venous valve open
blood flows toward the heart

Venous valve closed
prevents blood from flowing backward

When venous valves don't close, reverse blood flow causes pooling and vein wall weakening

Causes of Vein Disease

Many factors contribute to vein disease. These include:
- Genetics
- Being overweight
- Pregnancy
- Standing or sitting for long periods of time
- Lack of exercise
- Smoking

Vein Disease Symptoms
- Varicose Veins
- Spider Veins
- Leg Aching
- Leg Heaviness
- Leg Fatigue
- Muscle Cramping
- Ankle Swelling
- Itching & Burning
- Skin Discoloration
- Restless Legs
- Eczema

Stages of Vein Disease

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
Spider Veins	Varicose Veins	Leg Swelling	Skin Discoloration	Venous Ulcers

How is Vein Disease Treated?

Your vein treatment plan depends on your age, health conditions and symptoms. Vein disease can get worse without timely and proper treatment.

Treatments for Varicose Veins and Spider Veins Include:
- Conservative therapy includes wearing compression stockings, elevating legs, regular exercise, and weight management.
- Endovenous Laser Ablation (EVLA)
- Endovenous Radiofrequency Ablation (EVRF)
- Ambulatory Phlebectomy
- Varithena
- Sclerotherapy
- Cosmetic procedures

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