

WHAT ARE VARICOSE VEINS?

What Are Veins?

Veins are thin-walled tubes that carry blood from your arms and legs to your heart. They have one-way valves and rely on muscle movement to prevent backflow against gravity.

TYPES OF VEINS

Superficial Veins:
closer to the skin & visible

Deep Veins: located near
bone & surrounded by muscle

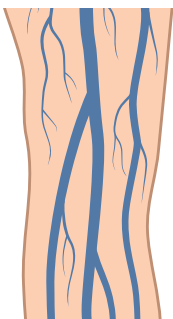


Varicose veins are:

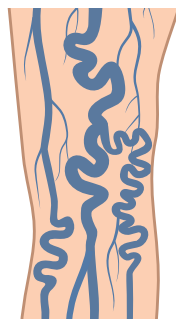
- **Enlarged, bulging superficial veins** (over ~3 mm), often seen inside the calf or thigh
- They occur when **vein walls weaken** or **valves fail**, causing **blood to pool** & **veins to stretch, twist or thicken**

Spider veins are:

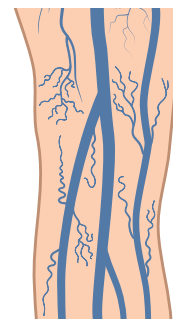
- Similar to varicose veins but **much smaller** (<1 mm) and **closer to the skin**



Healthy Veins



Varicose Veins



Spider Veins

VARICOSE VEINS



SYMPTOMS

- + Leg or ankle swelling
- + Restlessness or cramps
- + Heaviness, tension, aching
- + Itchiness

CAUSES & RISK FACTORS

- + Genetics or congenital vein issues
- + History of trauma or deep vein thrombosis (DVT)
- + Multiple pregnancies
- + Obesity
- + Being a woman
- + Older age
- + Tobacco
- + Standing for long periods of time or lack of physical activity

How Common Are Varicose Veins?

20-25 mil According to Cedars-Sinai, they affect about **20-25 million people in the U.S.**



27%

According to the **Framingham Heart Study**, venous disease is found in the legs of about **27% of the adult population**

PREVENTION & NEXT STEPS



Exercise regularly to help with blood flow



Maintain a healthy weight & blood pressure



Visit your Oracle Heart & Vascular provider if you have symptoms like heaviness, swelling or visible veins