

Varicose veins – symptoms and treatment

Up to a third of all people experience symptoms of varicose veins. Treatment is, however, simple, effective, and without major discomfort or pain.

Varicose veins are a relatively harmless condition, which nevertheless affects a part of the population. Because of the cosmetic consequences, many people choose to be treated, despite the fact that the condition can be easily managed to maintain a normal daily life. Symptoms of varicose veins are most frequent in women in the 30-50 age group, and approximately twice as many women as men are affected by the condition.

Varicose veins occur if the pressure in the veins, which carry blood from the tissue to the heart, becomes too high and the vein walls are simultaneously weak.

Symptoms of varicose veins

The typical and most visible symptoms of varicose veins are that the veins on the legs swell up and become twisted. Early symptoms can also include:

- Mild pain in the areas around the swollen veins.
- Cramps in the calves and restlessness in the legs.
- Tired calf muscles.
- Swelling.

Varicose veins develop very slowly, and many will not experience worse discomfort than this. If left untreated, however, more serious symptoms can develop, such as:

- Hard and discolored skin.
- Skin ulcers.
- Itchy skin.
- Eczema.
- Bleeding from the varicose veins.

Treatment

Symptoms of varicose veins can be treated relatively easily. In mild cases, a decision is often made to treat only with compression bandages or support stockings, and in more advanced cases or for cosmetic reasons, surgical procedures in the form of an operation or laser treatment are chosen.

