

A pair of legs is raised in the air, with the feet pointing towards the top left and top right corners of the frame. The legs are positioned diagonally across the image. The background is a solid, vibrant pink color. The text is overlaid on a white horizontal band that passes behind the legs.

HOW TO GET Varicose-Vein-Free Legs

PUREHEALTH[®]
RESEARCH

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by

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INTRODUCTION

Millions of people struggle with varicose veins. They aren't usually serious, except in rare cases. However, they are unsightly and often uncomfortable. Most people who have varicose veins want to be rid of them!

Is this even possible? Yes! There are several different ways to get rid of varicose veins. Some of these can be taken care of and implemented yourself, and in more severe cases, outside help or surgery might be necessary. The point is, though, that you don't have to live with painful, ugly varicose veins all over your legs or other parts of your body!

This book will teach you the causes of varicose veins, how to keep a healthy body so that they are less likely to develop, and what to do if you're already struggling with them and want to rid yourself of the lumpy, uncomfortable bulges now and forever.



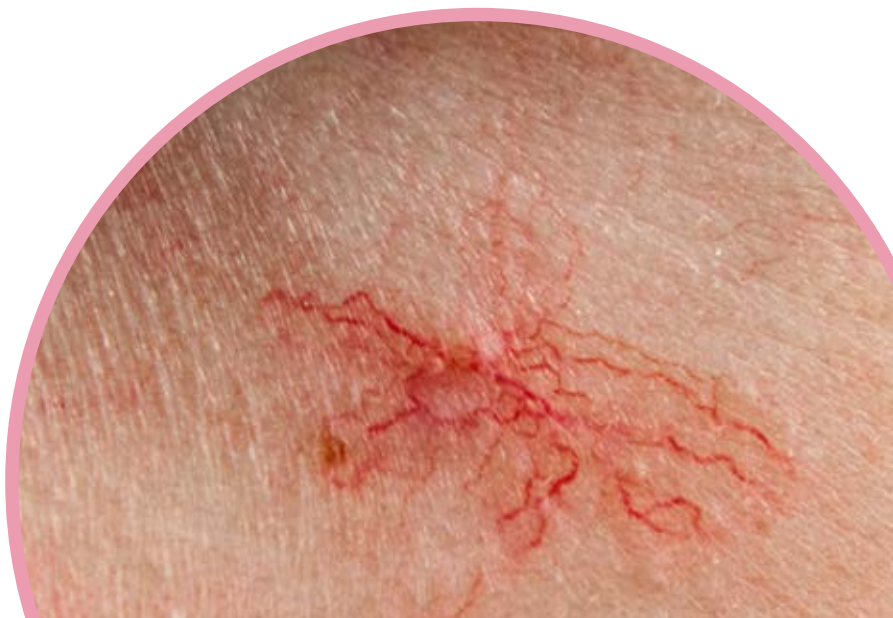
WHAT CAUSES VARICOSE VEINS

CHAPTER 1

Varicose veins are one of the most common cosmetic struggles for people in the US and beyond. Even outside of the cosmetic issue, many people find varicose veins to be painful, uncomfortable, or embarrassing. Plus, they can sometimes lead to more serious health issues. They're most common in the legs but can appear anywhere on the body—because your veins are everywhere!

These bulging, twisted veins are a result of poor circulation. Your circulatory system is an intricate body system made up of 60,000 miles of blood vessels that are like a series of complex highways, streets, small roads, narrow laneways, and tiny pedestrian walkways. The red arterial system delivers oxygen- and nutrient-rich blood to every part of your body. Then, the blood turns blue and returns to the heart, which moves it to the lungs and liver to receive more nourishment. The blue vessels are veins that contain one-way valves and direct the flow against gravity. When your veins don't open wide enough, your blood struggles to get through and raises your blood pressure. Then, blood pools in sections of your veins, sometimes flowing backward! Your veins become stretched and enlarged. This damages and weakens your veins, which often causes them to bulge, knot, twist up and emerge as bumps underneath the skin.¹

Spider veins are another form of varicose veins, though milder. These are flat and appear as blue or red spider-web or sunburst shapes across your skin. They're quite common on the legs or the face.



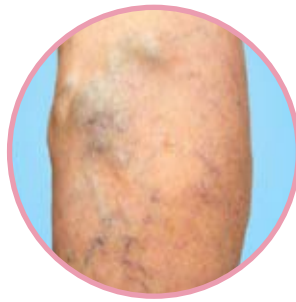
SYMPTOMS OF VARICOSE VEINS

Sometimes, varicose veins don't present with any physical symptoms besides the eyesore on the body. However, other times they can be quite uncomfortable. If you have varicose veins, you might experience some of the following symptoms.²

**SKIN
DISCOLORATION**



**BULGING
BLUISH VEINS**



RASHES



**SORES
(LEG ULCERS)**



**SWELLING OR
TIGHTNESS**



**HEAVY, ACHING,
BURNING SENSATIONS**



Sometimes, the symptoms of varicose veins are present but are a sign of other circulatory problems or health issues. If you have any of these symptoms, with or without bulging veins, make an appointment with your practitioner for a check-up.

POPULATIONS AT RISK FOR VARICOSE VEINS

Certain groups of people are more at risk for varicose veins than others.³ If you fall into any of these categories, take extra care to apply the preventive practices mentioned here into your daily habits to reduce your likelihood of developing this condition.

- **OVERWEIGHT OR OBESE**
- **OLD AGE**
- **FAMILY HISTORY OF VARICOSE VEINS**
- **FEMALE**
- **PHYSICALLY INACTIVE**
- **LEG INJURIES**
- **PREGNANCY**
- **SMOKING**
- **HORMONAL BIRTH CONTROL**
- **HORMONE REPLACEMENT THERAPY**

When people sit or stand for very long periods, as many of us do for work or leisure, they also become more at risk for varicose veins. Make sure that you are moving your legs around frequently and changing positions when you have to be in one place for an extended time to encourage healthy blood flow.



DIAGNOSING VARICOSE VEINS

Before sitting with your healthcare professional to discuss your varicose veins, there are many things you can do or prepare to get the most out of your visit.⁴

- **Have a goal in mind.** Do you want a diagnosis, a plan, or a referral for surgery?
- **Write down your questions** before the appointment so that you don't forget anything.
- **Bring along a close friend or family member** who can help you stay on track and take notes so that you don't become flustered.
- **Make sure to write down any medications, possible treatments, or tests** that your doctor suggests so that you can research these at home later.
- **Take careful note of any at-home instructions** so that you can take charge of your health.
- **Note what might happen** or what will be necessary if you don't follow the instructions. This can help you stay motivated.
- **Ask about alternative treatment options.**
- **Clarify why** each recommended test or procedure is being suggested. What will the results show?
- **Write down the information** for your follow-up visit as well as the contact information for your provider and any referrals.



Your doctor will first conduct a physical exam and ask you about your medical and family history before diagnosing varicose veins.

Sometimes, a duplex ultrasound is called for, in which your provider can check your blood flow and whether the structure of your leg veins (or other veins) has been compromised.⁵ The duplex ultrasound involves a hand-held device that is passed over the skin in the affected area. It transmits images of your veins to a monitor, so your provider can see what your veins look like or if any clots have developed.⁶



POSSIBLE COMPLICATIONS FROM SEVERE VARICOSE VEINS

Varicose veins can cause other issues, such as:

INFLAMMATION



VEIN SWELLING (PHLEBITIS)



BLOOD CLOTS



PULMONARY EMBOLISM



As we mentioned, varicose veins rarely become serious. However, sometimes they can cause blood clots in the veins. Those blood clots have the chance of breaking off and moving through your circulatory system into your lungs, which could cause a pulmonary embolism. Pulmonary embolisms can be fatal.⁷

If you suffer from varicose veins and begin feeling any of the following symptoms, get emergency help immediately.

DIFFICULTY BREATHING



INTENSE SWEATING



FAINTING



PAIN IN THE CHEST



When left untreated and with a lifestyle that leads to the varicose veins getting more severe, this swelling might become long-term. This often leads to skin and tissue problems, including sores that don't heal and ulcers. These, of course, require further treatment.

VARICOSE VEIN PREVENTION

There are several things you can do to prevent varicose veins and make them less likely to occur.⁸

- **Maintain a healthy weight.**
- **Get an appropriate amount of physical activity or exercise.**
- **Use a foot prop when sitting for long periods.**
- **Don't cross your legs while sitting.**
- **Wear loose-fitting, comfortable clothing.**
- **Eat a diet rich in circulatory-boosting foods, such as citrus, fatty fish, garlic, turmeric, and cinnamon.**



TREATMENTS AND SURGERIES FOR VARICOSE VEINS

CHAPTER 2

Varicose vein treatment is dependent on several factors, including your health history, age, and symptoms. If your veins are mild and have appeared in the recent past, treatment might be much easier. However, if the problem has persisted over years or decades, more intense treatment might be necessary.



AT-HOME TREATMENTS

Some of the treatments for varicose veins can be done on your own at home. Of course, these should always be done under the supervision and recommendation of a doctor, but with this information, you can know what to expect.⁹



1. **Elevating the legs** – The pain and swelling in your legs are often relieved by elevating your legs above your heart several times a day. Stay in this position for about 15 minutes at a time.



2. **Bending and stretching** – Many of us need to stand or sit for a long time for our jobs or other daily duties. If this applies to you, bend or flex your legs often so that the blood circulates more easily throughout your body.



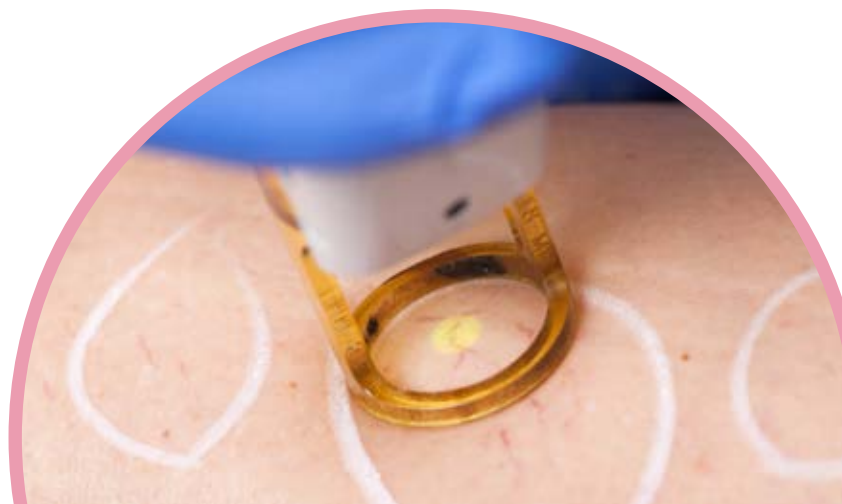
3. **Compression socks or stockings** – These stretchy leg accessories squeeze your veins (not uncomfortably) so that the blood doesn't pool in your legs and make the swelling in your varicose veins even worse. They're most effective if they are worn regularly.

You can also take a high-quality targeted supplement that improves venous tone and contraction. These supplement will also shrink varicose veins. Look for a supplement that provides anti-oxidant and anti-inflammatory benefits to shield your blood vessels from further damage.

PHYSICIAN-LED TREATMENTS

Sometimes, everything you do just doesn't seem to be working, and it's time to call in more intensive solutions. Thankfully, surgery for varicose veins is common, safe, affordable, and effective! Physicians have developed numerous treatments that have gotten better and more advanced through the years. You don't have to suffer from the painful, unsightly vein bulges that are taking over your legs.¹⁰

- **Sclerotherapy** – Usually, this is the first and least invasive option. Sclerotherapy involves injecting a medication into the varicose veins. The treatment creates scarring so that blood can no longer pass through those veins, so it takes a different route. The body then absorbs the scarred veins so that blood does not pool inside of them.
- **Laser or radiofrequency ablation** – This procedure is only slightly more invasive than sclerotherapy. The specialist will put a heated catheter into the varicose vein, which closes it. Then, less blood pools in the area, and circulation through your entire body is improved.
- **Vein stripping** – Sometimes, a doctor might recommend surgery to tie off and remove particular veins. This is done through tiny cuts in the skin through which the surgeon can reach and remove the affected veins. Usually, this procedure is done after at-home treatments, sclerotherapy, or ablation have not proved helpful.
- **Micro-phlebectomy** – Small incisions are used to remove the affected veins. This can be done on its own or in addition to vein stripping.



These procedures—even the higher-level ones—are almost always completed as outpatient procedures. That means that you can get your varicose veins treated and go home the same day!

Insurance often covers varicose vein treatment if a provider deems that the procedures are necessary to prevent blood clots or embolisms. Usually, though, the insurance company will want documentation that other methods have tried and failed at handling your varicose veins.¹¹ If you simply want them taken care of for cosmetic reasons (and you're not alone in this!), then insurance typically doesn't cover the procedures. However, many vein treatment centers have payment plans and options for those paying out of pocket.



CONCLUSION

Varicose veins are no fun to have and no fun to look at! They can be painful and frustrating and make you embarrassed to show off your body, of which you should be proud. But you don't have to suffer through them anymore!

At home, you can prevent the likelihood of varicose veins by leading a life that encourages healthy circulation in your body.

- **Don't smoke**
- **Maintain a healthy weight**
- **Get plenty of exercise**
- **Eat foods that encourage healthy circulation**
- **Wear appropriately fitting clothes**
- **Prop your feet up when sitting and refrain from crossing your legs**

If you happen to see these sneaky veins pop up, though, you have options! You can:

- **Wear compression stockings**
- **Elevate your legs**
- **Boost your intake of foods that lower blood pressure and improve blood flow**

If you want to seek further medical treatment, or if your provider deems it necessary, they will refer you to a center that can help you with these easy, effective procedures.

- **Sclerotherapy**
- **Laser ablation treatment**
- **Vein stripping**
- **Micro-phlebectomy**

*You don't have to suffer through varicose veins any longer!
Get back to loving your body—you only get one!*

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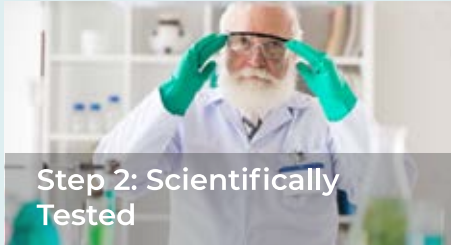


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RESOURCES

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