

Varicose veins are distended veins on the leg, which not only look unsightly but may also harbour real health problems. Varicose veins often result from genetic predisposition. Lack of exercise or pregnancy may, however, aggravate the onset of varicose veins by causing distension of the veins. The valves within these swollen veins, which are responsible for determining the correct flow of blood, fail to close properly; blood in the venous system then becomes subject to gravity and no longer flows as it should to the heart but back into the legs. This causes swelling, blood congestion and water retention, leading to cramping in the calves and the symptom of "restless legs". In old age, varicose veins can cause all kinds of tissue damage leading ultimately to leg ulcers. In a worst case scenario, they can even cause deep vein thrombosis.

There are various treatments for varicose veins. It is important in every case that affected patients also address the issue of preventing varicose veins by maintaining a healthy lifestyle, regular exercise, a weight-controlled and balanced diet as well as suitable clothing and optimal seating positions.

Depending on the extent of the problem, different treatments may be appropriate in each case, such as compression, sclerosis, medication or surgery. Choice of the correct treatment is based on careful assessment and a physical examination by a vein specialist. Should an operation be recommended, you will be referred to one of our surgeons.