

## Fast Facts

### Spider Veins

- Also called thread veins
- Small, damaged veins that usually appear on the surface of the legs but can also occur on the face
  - Results from the valves within the veins not working correctly
- Veins are supposed to carry blood back to the heart. To help them do this, they have one-way valves that close once the blood passes through
- If the valves are damaged or weakened, the blood has a hard time going in the right direction. The result is that it pools inside the vein, which over time causes the vein to bulge and branch out causing spider veins
- On the face are from tiny blood vessels bursting, increased pressure within the vein, or sun damage
- Varicose veins are caused by the same problem as spider veins (venous insufficiency), but they're larger and deeper

| <i>Symptoms</i>  | <i>Treatment</i>   | <i>Prevention</i>  |
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| <ul style="list-style-type: none"> <li>-Blue, purple, or red colored</li> <li>-Might look like thin lines, webs, or branches</li> <li>-Usually flat but can be slightly raised</li> <li>-Painless</li> </ul> | <ul style="list-style-type: none"> <li>-Rarely need treatment (people choose to have them removed for cosmetic reasons)</li> <li><i>Compression Stockings:</i> <ul style="list-style-type: none"> <li>-Support pantyhose (light pressure)</li> <li>-Gradient compression stockings (medium pressure)</li> <li>-Prescription compression stockings (highest pressure)</li> </ul> </li> <li><i>Vein Removal:</i> <ul style="list-style-type: none"> <li>-Sclerotherapy</li> <li>-Closure system treatment</li> <li>-Laser therapy</li> <li>-Endovenous laser therapy (EVLT)</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>-Wear sunscreen regularly, particularly on your face</li> <li>-Use sun-protective hats and clothing</li> <li>-Maintain a healthy weight</li> <li>-Use compression stockings</li> <li>-Avoid sitting or standing for extended periods without taking a break (set a timer to get up and walk around every 30 minutes)</li> <li>-Raise legs when sitting or lying down</li> <li>-Avoid tight clothing</li> <li>-Don't overuse hot tubs and saunas</li> <li>-Limit alcohol consumption</li> <li>-Get regular exercise</li> <li>-See a dermatologist if you have a skin condition that can increase your risk of getting spider veins, such as rosacea</li> <li>-If the appearance of spider veins is bothersome, use body/leg makeup and self-tanning products to mask or minimize them temporarily</li> </ul> |

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