



# HEALTH AWARENESS

## Varicose Veins Can Be A Family Affair

(NAPSA)—When it comes to your health, family history plays an important role—and can often predict future issues. Varicose veins are no exception. If a parent has them, experts say there is a strong possibility that you may develop them, too.

Heredity is one of the main risk factors for developing varicose veins. It's believed to account for 80 percent of varicose vein disease. In fact, the risk of developing varicose veins doubles if both parents have the condition.

While you can't control your genetic makeup, you can pay close attention to your symptoms and personal risk factors in order to minimize the effects of varicose veins.

Varicose veins may not always be visible to the naked eye. That's why patients are advised to be aware of the following leg symptoms:

- Aching/throbbing/itching
- Heaviness or fatigue
- Skin discoloration
- Restless legs syndrome (an irresistible urge to move your legs)
- Leg cramps.

According to Dr. Ted King, Medical Director of the Vein Clinics of America, varicose veins are usually thought of as a cosmetic issue, but they actually result from a chronic, progressive disease process and may cause seri-

### Risk Factors for Varicose Veins:

- Family history
- Increasing age
- Hormones
- Gender
- Pregnancy
- Prolonged standing or sitting

To learn more about varicose veins or available treatment options, visit [www.veinclinics.com](http://www.veinclinics.com) or call (866) 617-VEIN.



ous health conditions, including leg ulcers, bleeding and even blood clots, if not treated early and properly. Said Dr. King, "While there is no cure available, effective treatment can help control vein disorders and halt their progression."

He also advised that if symptoms persist or become severe, you should talk to your physician about appropriate treatment options.

"The good news is today there are far better, superior treatment options that are safer, more effective and noninvasive, that won't keep you sidelined from your daily routine," said Dr. King.

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