



Key Reasons Behind Varicose Veins

TOP CAUSES OF VARICOSE VEINS

WHAT YOU NEED TO KNOW



GENETICS

Family history plays a significant role. If your parents or grandparents had varicose veins, you're more likely to develop them as well.



PROLONGED STANDING OR SITTING

Occupations that require long periods of standing or sitting can increase pressure in the veins, leading to varicose veins over time.



AGE

As you age, your veins lose elasticity, making it harder for them to function properly. This can cause blood to pool, leading to varicose veins.



HORMONAL CHANGES

Hormonal changes during pregnancy, menopause, or birth control use can weaken vein walls and valves, making varicose veins more likely.



OBESITY

Excess weight puts additional



pressure on your veins, particularly in the legs, which can contribute to the development of varicose veins.



LACK OF PHYSICAL ACTIVITY

A sedentary lifestyle can lead to poor circulation, increasing the risk of varicose veins. Regular exercise helps keep blood flowing smoothly.

CONCERNED ABOUT VARICOSE VEINS?

Contact Dr. Jathin's Vein Center today for a consultation and learn about your **varicose veins treatment** options. Your journey to healthier legs starts here!

