



Checklist For Invisible Signs Of A Vein Condition

When you see the words “vein condition,” you automatically think of spider veins and varicose veins - those visible and unsightly bulging, purple or blue-ish veins in the legs. Yet many adults suffer daily, completely unaware that their problems are vein-related. Is it possible to have a vein condition if your legs look normal? The answer is YES! In fact, 80% of those who suffer from a significant vein condition have normal-looking legs.

Most people mistakenly believe that for vein conditions to exist, there must be visible signs. While those problems are more obvious, and responsible for a negative physical self-image, they aren't the most common. According to the Society for Vascular Medicine, more than 30

million Americans suffer from venous disease, but only 10 percent seek treatment. Sadly, because they aren't visible, most vein conditions remain untreated.

So how do you tell if you have a vein condition? The pattern of vein symptoms is very predictable. Review our quick checklist to find out if the symptoms you are facing are related to vein disease.

Do you experience any of the following?

Chronic fatigue and feeling run down. The most common indicator of a vein condition is stagnant vein circulation which causes the body to generate inflammation in the legs – which circulates to the rest of the body. This inflammation makes people feel exhausted, especially at the end of the day.

Most hit the recliner, sofa or chair when they get home. Patients tell us they used to wake up feeling washed out and tired. Chronic fatigue is a common indicator of vein problems, and plays havoc on an active and healthy lifestyle.

Swelling in legs or feet. Swelling often improves overnight, but returns the next day.

Cramps/charley horses. These nighttime cramps are very painful and can occur in the feet, calves and thighs.

Numb/tingling/stinging/cold feet. Without treatment, this “neuropathy” worsens at the end of the day or evening.

Restless legs. Occurring most frequently at night, this uncontrollable leg movement when resting interferes with sleep and can be debilitating. It may be an indication of an underlying vein condition.

Achy/tired/fatigued legs. Stagnant vein circulation causes the body to generate inflammation (swelling) in the legs which causes fatigue and aching.

Poor sleep. 75% of patients have poor quality sleep due to leg discomfort, restless legs, leg cramps and foot symptoms. The symptoms in the legs (and feet if present) worsen at the end of the day and evening when you're trying to get to sleep.

Reduced activity and weight gain. It's not uncommon for sufferers to become less active, rest in the evenings and elevate their legs in an effort to relieve both pain and fatigue. Because a sedentary lifestyle doesn't burn surplus calories, they often gain an average of 10-15 pounds a year.

Tiny spider veins around the ankle, knee or thigh. These are often not very visible and often missed or ignored. Their presence indicates abnormal circulation under the surface.

Itching, skin discoloration and open wounds. A minority of patients reach this advanced stage of vein disease in which the skin breaks down and cannot heal due to excessive inflammation under the skin. Early symptoms include brown discoloration in the ankle area.

If you found yourself checking multiple items on this list, there is good news! ALL of these symptoms will improve with treatment. Many will disappear completely. Our patients report feeling healthier and happier. Still not sure? **Call today for your personal free vein screening.** Invisible problems will, over time, become visible if you wait too long to treat them.