

# What Are The Everyday Habits That Can Cause Venous Disease?

Varicose veins are swollen veins that can be seen anywhere in the body. Particularly, in a place like the legs and in the ankles. Varicose veins are the subject of pain and embarrassment for the person who is dealing with the pain. And sometimes the varicose veins can make it more serious for your health. In severe cases, it is really wise to visit the [Vein Specialist Houston Tx.](#)



What are the factors that cause varicose veins?

Let's start with the role of the veins in your body and why these are so important that their professionals turned as **Vein Specialist Houston** to take care of it. Veins and arteries help with the blood circulation of the body. The veins take blood from one place to another in your body to keep you alive. The muscle withdrawals in the extreme parts of the body act as a pump along with the flexible vein surfaces and valves to help go back to the blood. So, what circumstances may create the veins and all their parts to correctly not operate?

**Age-** The problem of the veins gets more as you age. Aging can create wear and tear on the valves, which can result in the pooling of the blood and can lead to serious consequences like pain and pooling of the blood in the veins. If age is the factor then you should consult the **Vein Treatment Clinic Near Me.**

**Pregnancy-** In the period of gestation, the generation of blood in the mother's body gets more, but reduces the blood circulation from your legs to the waist area. This bodily change is intended to support the baby inside you but can give the drawback of varicose veins. Consult the **Houston Vein Clinic** to know the options.

Family History - if you ever had the issue of vein problems chances are quite likely that it can happen to your kids and could run in the hereditary.

Obesity- Being overweight and bearing that weight on your legs can include undesirable weight the veins making them battle with coursing the blood circulation back up to the heart. If so, your veins will become amplified shaping varicose veins. Take the assistance of the **Top Vein Doctors Near Me** to manage the weight problems.



Standing or sitting for an extended period of time - To expand the blood circulation, it's ideal on the off potential for success that you don't have or sit similarly situated for a really long time. Attempt to move and twist your legs as frequently as could be expected under the circumstances, when you realize that you will be sitting or representing a significant stretch. Take the help of the **Best Vein Treatment Houston** if your job profile asks for the Standing or sitting for an extended period of time.

Why should you visit the **Best Vein Specialist In Houston**?

Luckily! So many [vein doctor near me](#) that are there to help you out with vein problems. They can help you with the:

1. Appearance of vein
2. Bettering the blood circulation
3. Helping with the symptoms of the vein conditions.