

Top 8 Reasons That Causes Varicose Veins?

If you're familiar with someone who frequently visits the [vein doctor NYC](#), then possibly you will get to know about numerous medical procedures you have never heard of. There are numerous vein treatments available, it is obvious to seem concerned about how effective they are.

Besides effectiveness, there are some other things also that needed to be considered while deciding about the **vein treatment center New York**.



As we all believe that prevention is better than cure, the same thing applies to varicose veins also. If you are aware of the reasons that cause varicose veins then you will be able to change your daily routine to prevent varicose veins.

The specific reasons for varicose veins are not specified. But still, numerous **vein doctor New York** have suggested some of the most common reasons that prompt varicose veins. Let's find out what those are.

1) Heredity:-

The valve deficiency that prompts varicose veins is sometimes heredity with venous conditions.

This mainly happens with women because there is very poor protection available for veins, the female harmonious is responsible for this. However, men also get varicose veins as heredity, but these situations are very rare.

2) Age

As we get to advance in the age the chances of becoming the candidate for the varicose veins also increase. With age, the veins lose their elasticity and become an easy target for varicose veins. You can adapt some good habits to reduce the chances of varicose veins, your **Vein specialists NYC** will be able to give you more information.

3) Lack of Exercise

Standing or sitting ideally for a longer period reduces the muscular pumps and as a result, varicose veins appear. You can take the help of meditation to reduce the chances of varicose. Remember to ask the advice of the **best varicose vein doctor NYC** before you begin doing any of the exercises.



4) High Heeled or level shoes

High heels of leveled shoes disturb the normal flow of blood and cause varicose veins.

5) Tightly Fitting Garments

Once more, close-fitting garments can confine the bloodstream.

6) Alcohol Utilization During Flight

The low weight, low oxygen condition inside an aircraft lodge influences the coagulation framework identifying apoplexy. Liquor, Tea, and Coffee go about as diuretics, expanding the body's dehydration.

7) Obesity

Excessive weight also prompts the varicose veins. Many [vein treatment center NYC](#) suggests that during the pregnancy when the weight of the body has increased, the varicose vein is more likely to appear.

8) Hot Showers And Extreme Introduction To The Sun

Excessive heat on your legs can also prompt varicose veins. Also if you're a patient of varicose veins in the past, then you might know that most of the **NY vein clinic** suggests avoiding the direct excess to the sun.

These were some of the most noticed varicose vein causes. The causes of varicose may vary from patient to patient, so it is best if you consult with your **vein clinic NYC** to know about the most accurate reasons that bring varicose veins.

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