



Wisconsin Vein Center & MediSpa

What factors contribute to Varicose Veins?

There are many factors that can lead to the development of varicose veins. Some can be controlled, while others are inevitable. The good news is that varicose veins can be treated with minimal discomfort, and virtually no down-time. Here are some of the leading causes of varicose veins.

- **Heredity** - Varicose veins tend to run in families.
- **Age** - As we age, elastic fibers in all tissues deteriorate, leading to dilated and tortuous blood vessels.
- **Obesity** - Excess weight increases the pressure on the vein valves and can lead to weakening.
- **Hormones** - Changes in hormone levels brought on by puberty, pregnancy, menopause hormone replacement therapy and birth control pills all contribute.
- **Pregnancy** - Increased volume of blood in the body and increased pressures on the pelvic veins are all contributors.
- **Gender** - Women have an increased incidence of varicose veins, primarily due to the production of progesterone, a female hormone.
- **Occupation** - Prolonged sitting or standing during the job can lead to venous insufficiency.
- **Lifestyle** - body building or heavy weight lifting may increase the chance of developing varicose veins due to strain on the groin and pelvis.