

Fast Fact: Varicose Veins

Varicose veins are twisted, enlarged veins near the surface of the skin, usually on your thighs, your legs or ankles. Sluggish blood pools in your vein, causing it to swell.

Most varicose veins aren't a serious medical problem, but they sometimes can lead to complications, like aching pain, blood clots or open sores.

Home treatment including exercises like walking, wearing compression socks, and elevating your legs can help most people with varicose veins.

To learn more about what you can do for healthy veins, talk to your doctor.