

# Spider Veins

## What are Spider Veins?

Spider Veins are small red, blue or purple veins that commonly appear on the surface of the thighs, calves and ankles. It's estimated that at least one third of the adult female population is troubled with this common problem. People often seek treatment for spider veins because of cosmetic concern. However, it is also common for spider veins to cause symptoms, such as aching, burning, heaviness, itching and night cramps.

A common form of treatment for spider veins is Sclerotherapy. This is an in-office procedure where veins are injected with a solution, using small needles, which causes them to collapse and fade from view. The procedure typically improves not only the cosmetic appearance but associated symptoms as well. Generally a few sessions are required to obtain maximum benefit.

Spider veins may be isolated or associated with "feeder" veins. They can also be associated with larger underlying varicose veins.

## What causes Spider Veins?

Certain factors contribute to the development of spider veins, including heredity, pregnancy, hormonal factors, weight gain, occupations or activities that require prolonged sitting or standing, and trauma.

## Spider veins usually take on one of three forms:

- They may appear in a spider-web shape with a group of veins radiating outward from a central point.
- They may appear in a pattern that resembles branches on a tree.
- They may be in a linear pattern that appear as thin separate lines, like feathers.

