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Over 80 percent of all venous issues are genetically linked. Pregnancy, although not actually causing vein disease, can definitely have an impact in aggravating the symptoms of the disease. Thus, given the prevalence of a genetic link and heredity in general, although things such as crossing your legs when sitting down, standing for long periods of time and obesity have an impact in worsening symptoms and the disease, they do not cause the disease.

Treating spider veins and varicose veins requires that the patient have a basic understanding and definition of varicose veins, spider veins and treatment of varicose veins and treatment of spider veins. Spider veins are small varicose veins that alone, do not usually cause much discomfort but appear as ugly, red and purple veins on the surface of the skin. Although these spider veins don't normally cause much discomfort, the deeper veins that accompany the spider veins usually create severe discomfort and pain and require varicose vein removal treatment or surgery.

When small valves contained in veins break, blood in those veins end up flowing in the wrong direction. Thus, the result is that the veins swell and backfill with stagnant blood. This swelling and stagnant blood presents as bulging and ropelike veins or small and threadlike spider veins. Many times it is necessary to utilize ultrasound to view these varicose veins that are present deep and under the skin.

Some of the symptomology of varicose and spider veins that require medical attention are as follows:

- swollen legs;
- itching, throbbing and burning sensations;
- general restlessness in the legs;
- muscle cramping

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<http://www.articleside.com/health-articles/vein-knowledge-defining-venous-issues.htm> - [Article Side](#)

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