

# Marathon Season: Expert Talks About How Running & Varicose Veins Are Related For Best Treatments & Exercises To Get Rid Of Veins

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Nov 02, 2014 11:09 PM EST



▶ (Photo : Getty)

Get your cross trainers ready cause marathon season is here!

The parks and tracks are officially swamped with pros and novice runners training for the big day. Though staying active is important to maintain good health, the question of the correlation between running and varicose veins always tends to come up.

So just how are varicose veins and running related? We tapped New York City's top vein specialist, Dr. Luis Navarro of the Vein Treatment Center, to discuss the relationship between the two. Read on as the expert provides tips on how to exercise effectively, as well as explain the newest non-invasive treatments fixes for veins.



(Photo : Getty)

## Is this strictly hereditary or do certain things help varicose veins form?

Varicose veins are hereditary. However, certain lifestyle factors can increase the probability of veins appearing. For example, smoking cigarettes, obesity, hormones and no exercise.

## How are varicose veins related to running?

Running actually helps to prevent varicose veins, as the activity improves venous circulation.



(Photo : Getty)

## What about running can trigger this condition?

Running does not trigger varicose veins. However, if you are a runner that has varicose veins, it is suggested that you elevate your legs and wear compression stockings when you can.

Check back tomorrow to learn from Dr. Navarro how to improve the look of varicose veins and what treatments work best!