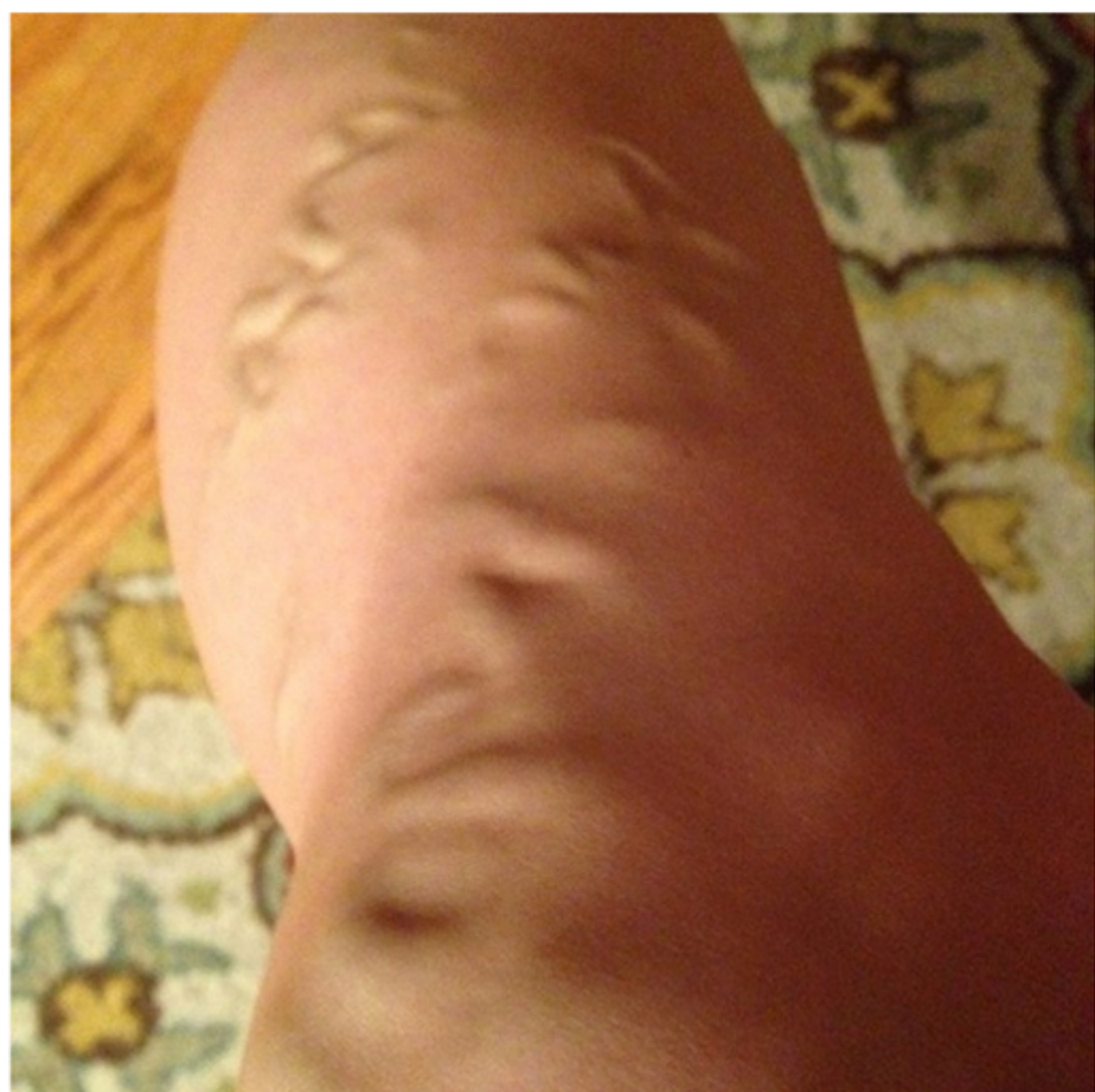


# Marathon Season: Expert Talks About How Running & Varicose Veins Are Related For Best Treatments & Exercises To Get Rid Of Veins Part 2

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(Photo : Instagram)

Wanna know how to treat varicose veins? Dr. Luis Navarro of the Vein Treatment Center, has been breaking all the details down for us.

With marathon season in full effect, Dr. Navarro explained **the relationship between running and varicose veins yesterday.**



(Photo : Instagram)

## How can we prevent varicose veins?

The best way is to stay active, avoid smoking and salty foods, and avoid hormonal birth control.

## What treatments are available for varicose veins? Can they be completely eliminated?

Foam Sclerotherapy is the best treatment for smaller varicose veins, liquid Sclerotherapy works for spider veins. During treatment, a mild chemical solution is injected into the vein that is causing the issue.

The sclerosing agent irritates the walls of the vessel, causing it to collapse. The body then reabsorbs the vein and blood is re-routed to a healthy vein, restoring proper venous circulation in the area.

For larger veins, I recommend Endovenous Laser Ablation, which is a slightly more invasive procedure.



(Photo : Instagram)

## How pricey are the procedures? How long do they last?

The procedure ranges from \$500-\$1000 depending on the area being treated.

## Who is the ideal patient for treatment?

Anyone that is suffering from varicose veins can be treated. The procedure is safe, and no downtime is required.

## Any additional ups and tricks?

Horse Chestnut Seed Extract can relieve swelling, and elevating your legs while sleeping can relieve fatigue. I also recommend wearing compression stockings if varicose veins run in your family.

Suffer from varicose veins? Tell us with a note below.