



For Immediate Release

What Men Should Know About Veins: Varicose Veins and Venous Disease are Real Medical Issues

June 27, 2012 (South Portland, ME) – Women are more likely than men to have venous disease, including [varicose veins](#) and [spider veins](#). But men are more likely to suffer from the worst vein problems, such as [ulcers](#). Why is this the case?

Vein specialist Dr. Cindy Asbjornsen of the [Vein Healthcare Center in Maine](#) has observed that women tend to get help for their vein issues right away, while men will often wait until the problem becomes too painful to ignore. Leg wounds that won't heal is often the result. Even men who are athletic are susceptible to venous disease. The important thing is to seek help for vein issues as soon as symptoms present themselves.

"This is a medical issue, not a vanity issue," said Dr. Asbjornsen. "Conditions like varicose veins get worse with time, so the longer someone waits, the more extensive the condition—and the treatment."

Here's a brief review of [how veins work](#). Veins carry blood from the legs and arms back to the heart. The blood in the legs travels up against gravity, so when the valves in the veins become damaged, blood "leaks" back into the legs and creates a "pooling" effect. Effective treatment begins with a thorough evaluation from a qualified phlebologist who will look for the source of the problem: the leaky valve or valves. Once that is identified, the physician can recommend the appropriate procedure or therapy.

The key for men is to get evaluated as soon as they suspect there's a problem.

Symptoms of venous disease include:

- **Leg fatigue or heaviness** – When legs feel good upon waking but are intensely tired or heavy at the end of the day, this is an early warning sign.
- **Swelling** – Swelling can be caused by many things but also serves as a very early warning sign for vein problems. In any case, legs that frequently swell shouldn't be ignored.
- **Skin changes** – Redness, skin thickening or other color changes on the legs and/or ankles is a common (and commonly overlooked) symptom. Other skin changes, such as dermatitis, cellulitis, dry or scaly skin, or brown "stains" on the skin can be signs of advanced venous disease, and should be evaluated by a physician.
- **Spider veins** – Spider veins are blue or purple-colored veins that occur under the skin but are close enough to be seen on the surface. Treating them can improve appearance, as well as stop the progression of venous disease at its source.
- **Varicose veins** – Another sign of early stage venous disease, varicose veins are visible veins in the leg that bulge, often protruding through the skin.

- **Ulcers** – An open wound on the leg or ankle that fails to heal can be the result of ongoing venous disease. In fact, “venous stasis ulcers” in the leg are often an indication that venous disease has reached an advanced stage.

Venous disease is a progressive disease that is not curable, but for most people, even debilitating symptoms are completely treatable. Today's [vein treatments](#) are minimally invasive, cause very little pain, and can be accomplished quickly right in a physician's office. Treatment can stop the progression of the disease and its complications for those in its early stages, and for those struggling with late-stage symptoms, it can restore health and quality of life.

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