Is it Dangerous to Have Thread Veins or Varicose Veins?

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In most cases, varicose veins and thread veins are not dangerous. However, some complications can result, which can become serious if not dealt with quickly.

(Newswire.net -- September 26, 2017) -- Varicose veins are a common skin ailment, affecting almost 50% of the US population over 50 years old. If you have a history of varicose veins in your family, you have a 25-90% chance of developing them yourself, depending on your sex and whether one or both of your parents are affected. While these veins may look unsightly, in most cases they are not dangerous. However, there are some circumstances in which they should be dealt with promptly.

What are Varicose and Thread Veins?

These types of veins are enlarged, usually blue, red, or purple in colour, and can be seen through the skin. They often appear twisted and bulging, and are often on the thighs, calves, behind the back of the knee, and on the buttocks. Thread veins are the same as varicose veins, but typically smaller in size and less protruding.

Varicose veins are caused by weakened veins in the legs. When the heart pumps blood throughout the body, the veins then push the blood back from the extremities towards the heart. If these veins get damaged or weakened, they become less effective at pushing the blood back. This causes the blood to leak into and pool in the veins, resulting in swelling and bulging underneath the skin.

Thread veins and varicose veins are caused by a number of different factors, such as lifestyle, genetics, and events such as pregnancy. For example, varicose veins become increasingly common as you get older. In addition, if you are inactive or obese, this also increases your chance of developing varicose veins.

Some signs that you are developing varicose veins can include itchiness, aching or throbbing pain, heaviness, and swelling of the legs. The majority of the time, thread or varicose veins are not a serious health problem. Dr. Chaloner from Radiance Vein Clinic notes that thread veins are not dangerous at all - rather, they "are a source of great dissatisfaction because they are quite visible, and most people find themcosmetically unappealing." In saying that, there can be some complications that arise if varicose veins become severe, and are not treated quickly enough.

What are the Best Treatments?

There are a number of different approaches to treating varicose veins, and techniques are increasingly becoming less invasive. The simplest treatment is to wear support stockings, which can help to support the veins and reduce pain and swelling. Other treatments include sclerotherapy, external laser treatment, and radiofrequency occlusion.

For thread veins, a suitable treatment is injection sclerotherapy. For varicose veins, there are a number of minimally invasive techniques such as endovenous laser treatment, or the ClariVein technique.

What Signs Indicate that Immediate Treatment is Needed?

As noted, if varicose veins become severe and are not treated, various complications can result. If these types of complications occur, they can become serious or even fatal.
First, sores or skin ulcers can form when there is a long-term backup of blood in the vein. These ulcers can be extremely painful and may take a long time to heal. In some cases, they won't heal at all until the poor blood flow in the vein is repaired.

Another indication that treatment is urgently needed is when you see red skin around the vein, a firm, tender vein, and additional pain and swelling. This can indicate that there is a superficial blood clot just below the skin. A deeper vein blood clot is called deep vein thrombosis (DVT), which can become extremely serious. This may be indicated by a "pulling" sensation in the leg, pain, and increased redness and swelling. If this type of blood clot travels to the lungs, it can be fatal.