

8 Spider Vein Myths

Spider veins trouble many people today mostly because the condition is largely misunderstood. We've put together a list of the most common myths concerning spider veins and the reasons why you shouldn't always believe what you hear about spider veins.

1. they only occur in women

Women and men both have spider veins. Spider veins do not discriminate. Teenage girls and pregnant women are at risk for spider veins especially if there is a family history of vein problems.

2. creams can make spider veins disappear completely

Some Vitamin K creams claim to make spider veins disappear completely. While these creams may make your spider veins begin to improve, it will take a long time, if ever. Vitamins and minerals are very slow to absorb through the skin so patience and discipline in applying the creams are a must.

3. you can't prevent spider veins

There are a few steps that you can take to reduce your chances of developing spider veins such as maintaining a healthy weight, not crossing your legs, and limiting the wearing of high heels. Some people will get spider veins no matter what they do, but others can take many precautions to help prevent spider veins.

4. getting a tan cures your spider veins

The darkening of your skin can make your spider veins less noticeable but getting a tan will not make your spider veins disappear. In truth, exposure to sunlight can cause you to develop more spider veins, especially on your face.

5. spider veins only occur as you get older

Many young women get spider veins and varicose veins, most often when they are pregnant. Other young women develop spider veins because of occupations that require them to be on their feet a great deal of time during the day.

6. my insurance will cover spider vein treatment

Most insurance companies treat spider veins as a purely cosmetic problem. You will have to check with your own insurance company to see what their exact policy may be. Most likely you will be paying out of pocket for any spider vein treatment you elect to have performed.

7. spider veins are purely hereditary

You may say "I won't get spider veins since my mom and grandmother don't have them." This is simply not true. Also, if your mom and grandma have them it doesn't mean you will develop spider veins. You have to take care of yourself to prevent spider veins. Watch your weight, exercise and eat right. There are many other ways to prevent spider veins that you may want to research further.

8. if you have spider veins then you have a serious vein health problem

Spider veins alone are not a health threat. They are a purely cosmetic problem. If you have any aching in the areas where you have developed spider veins then you should see your doctor. In those cases, the aching pain may be a more serious vein problem.