

Learning About Varicose Veins During Pregnancy

During pregnancy your body goes through a lot of changes and it is inevitable that some of these changes are unpleasant. One of the less pleasant changes that can take place is varicose veins. Even if you are young or do not spend a lot of time on your feet you can develop varicose veins during pregnancy.

They can be plain unsightly at the least and at worst cause you a lot of discomfort. You want to minimize any discomfort during pregnancy to avoid unnecessary stress to yourself and to your developing baby. Learning about varicose veins during pregnancy can help you to avoid them or take steps to get rid of them.

How Varicose Veins Develop

The veins in your legs are already under strain, they work against gravity to deliver blood to your heart. During pregnancy your body produces more blood, which increases the strain on your veins. Elevated progesterone levels can cause the walls of your blood vessels to loosen up and this causes varicose veins.

As you can imagine a pregnant woman has a higher level of progesterone than when she is not pregnant. Added to all this, your growing uterus puts strain on the right side of your body, that increases the strain on your leg veins.

Preventing Varicose Veins

There are several things you can do to prevent varicose veins during pregnancy. One of the first things you can do is to lie on your left side when you sleep. This helps to elevate the pressure of your uterus on your right side. You should also keep a pillow underneath your feet when you sleep to help the blood flow back into your heart.

Although you will be eating for two there are certain healthy weights that you should be at each stage of your pregnancy. Staying within these ranges is another way to prevent varicose veins during pregnancy. Excess weight will only make it harder for your circulation system to function properly.

Even minimal exercise everyday will help to prevent varicose veins during pregnancy. This means a brisk walk everyday for about a block or so. More is encouraged, just make sure it is non strenuous and check with your doctor to see what activities are recommended.

Try not to stand too long without taking breaks to walk or sit down. You should also invest in some support hose that should be worn throughout the day if you have developed varicose veins during pregnancy.