

Your Vein Health Guide

Understanding leg vein symptoms, self-care, and what a free screening involves

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How your leg veins work — and what can go wrong

Leg veins carry blood back up toward the heart, against gravity. Tiny one-way valves inside the veins keep blood moving in the right direction. When those valves weaken or fail, blood can pool in the lower legs. Doctors call this **venous insufficiency**, and it is the underlying cause of many varicose veins and of symptoms like aching, heaviness, and swelling.

Vein disease is common — it affects both women and men, and becomes more likely with age, family history, pregnancy, and jobs that involve long hours of standing or sitting.

Eight signs worth paying attention to

- Bulging, twisted, or rope-like veins on the legs
- Clusters of fine red, purple, or blue veins (spider veins)
- Legs that ache, feel heavy, or tire easily — especially by evening
- Swelling in the ankles or lower legs
- Night cramps, or restless, uncomfortable legs at rest
- Itching, burning, or tingling over leg veins
- Skin near the ankles that darkens, thickens, or changes texture
- A sore or wound near the ankle that is slow to heal

The last two signs — skin changes and slow-healing sores — suggest vein problems that have been present for some time. If you notice them, it is a good idea to be evaluated promptly.

Why symptoms deserve attention

Vein disease tends to be progressive: weakened valves do not repair themselves, and symptoms often develop gradually over months or years. Many people assume tired, achy, or

swollen legs are simply part of getting older — but when the cause is venous insufficiency, it is a recognized, treatable medical condition. Finding out is straightforward: a painless ultrasound shows how well the valves are working.

Simple self-care that can ease symptoms

- **Move regularly.** Walking activates the calf muscles that help pump blood up and out of the legs.
- **Break up long sitting or standing.** Shift position, stretch, or take a short walk every hour or so.
- **Elevate your legs.** Resting with your legs raised above heart level for 15 minutes can relieve aching and swelling.
- **Ask about compression stockings.** Properly fitted compression can ease symptoms; a professional can advise the right type.
- **Maintain a healthy weight.** Extra weight increases pressure on leg veins.

Self-care can ease symptoms, but it does not repair failed vein valves. If symptoms persist, an evaluation can tell you whether an underlying vein condition is the cause.

What happens at a free vein screening

1. **Free screening.** You share your symptoms; we examine your legs and review your insurance — at no cost.
2. **Ultrasound diagnosis.** If indicated, a painless scan shows what is happening beneath the surface.
3. **Minimally invasive care.** If treatment is needed, modern in-office procedures are tailored to you — no hospital stay, no general anesthesia.
4. **Back to life the next day.** Most patients return to normal activity the following day.

Insurance & coverage

Most PPO plans and Medicare cover treatment for symptomatic veins — veins that cause pain, swelling, or skin changes. We verify your specific benefits before anything begins, so there are no surprises. Cosmetic-only treatment is self-pay.

About your care team

Care at Charming Skin & Vein Clinics is led by **Dr. Abboud, Medical Director**, with more than 30 years of medical experience. Dr. Abboud is a graduate of the University of Damascus and completed residency training at Cook County Hospital and John H. Stroger Jr. Hospital in Chicago. Every patient is seen with the same unhurried, plain-language approach: understand what is happening in your veins first, then choose the right treatment together.

Visit us

- **Chicago** — 5907 W. 63rd St., Chicago, IL 60638
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This guide is for general education and is not medical advice, and reading it does not create a doctor–patient relationship. It cannot diagnose any condition. If you have questions about your legs or veins, please arrange an evaluation with a qualified medical professional. Seek prompt medical care for a wound that will not heal, sudden swelling or pain in one leg, chest pain, or shortness of breath.