



***Do you or someone you know have spider veins (sometimes called broken capillaries), on the face or body or more seriously, varicose veins and spider veins on the legs.***

***Below is a brief study on Spider Veins and Varicose Veins for your review.***

### **What are spider veins and varicose veins? (broken capillaries)**

Varicose veins are commonly found on the backs of the calves or on the inside of the leg. During pregnancy, varicose veins called hemorrhoids can form in the vagina or around the anus. Varicose veins are enlarged veins that can be flesh colored, dark purple or blue. They often look like cords and appear twisted and bulging. They are swollen and raised above the surface of the skin. Until appropriate treatment, they can be covered up with a good concealer cover-up product.

Spider veins (broken capillaries) are similar to varicose veins, but they are smaller. They are often red or blue and are closer to the surface of the skin than varicose veins. They can look like tree branches or spider webs with their short jagged lines. Spider veins can be found on the legs and face. Broken capillaries are more common with advanced age because the skin becomes thinner. Broken capillaries are actually dilated blood vessels. These broken blood vessels can become more prominent with sun exposure, harsh cleansers, alcohol or even some food allergies.

### **Who usually has varicose veins and spider veins?**

Many factors increase a person's chances of developing varicose or spider veins including increasing age, family members with a history of broken capillary or varicose veins, hormonal changes, pregnancy, obesity, sun exposure.

### **What causes varicose veins and spider veins?**

The heart pumps blood filled with oxygen and nutrients to the whole body. Arteries carry blood from the heart towards the body parts. Veins carry oxygen-poor blood from the body back to the heart. The squeezing of leg muscles pumps blood back to the heart from the lower body. Veins have valves that act as one-way flaps. These valves prevent the blood from flowing backwards as it moves up the legs. If the one-

way valves become weak, blood can leak back into the vein and collect there. This problem is called venous insufficiency. Pooled blood enlarges the vein and it becomes varicose. Spider veins can also be caused by the backup of blood. Hormone changes, inherited factors, and exposure to the sun can also cause spider veins or broken capillaries.

### **Why do varicose veins and spider veins usually appear in the legs?**

The force of gravity, the pressure of body weight, and the task of carrying blood from the bottom of the body up to the heart make legs the primary location for varicose and spider veins. Compared with other veins in the body, leg veins have the toughest job of carrying blood back to the heart, since they endure the most pressure.

### **How common are abnormal leg veins?**

About 50 to 55% of American women and 40 to 45% of American men suffer from some form of broken capillaries or vein problems. Varicose veins affect 1 out of 2 people age 50 and older. If you can't afford a treatment, cover up makeup or concealer products is the best way to go.

### **Are varicose veins and spider veins painful or dangerous?**

Varicose veins usually enlarge and worsen over time and severe varicose veins can cause health problems. Spider veins usually do not need medical treatment. Once again, cover up makeup is great alternative to camouflaging those spider veins or varicose veins and it is not painful!

### **What are the signs of varicose veins?**

Some common symptoms of varicose veins include, aching pain, easily tired legs, swelling in the legs, darkening of the skin, numbness in the legs, etc.

### **How can I prevent varicose veins and spider veins?**

Not all varicose and spider veins can be prevented. But some things can reduce your chances of getting new varicose and spider veins. These same things can help ease discomfort from the ones you already have: Wear sunscreen, exercise, control your weight, eat a low salt diet, do not cross your legs. Wear a good cover up concealer product so you are not self conscious about your varicose veins.

### **Should I see a doctor about varicose veins?**

Remember these important questions when deciding whether to see your doctor about varicose or spider veins. Has the varicose vein become swollen, red, or very tender or warm to the touch? Then see your doctor.

Not all cases of varicose veins are the same. There are multiple choices of treatment for varicose veins and spider veins. Sclerotherapy is the most common treatment for both spider veins and varicose veins. The doctor injects a solution into the vein that causes the vein walls to swell, stick together, and seal shut. This stops the flow of blood and the vein turns into scar tissue. In a few weeks, the vein should fade. The same vein may need to be treated more than once.

This treatment is very effective if done the right way. Most patients can expect a 50% to 90% improvement, an increased success rate for removal of spider veins.

### **Laser surgery**

New technology in laser treatments can effectively treat spider veins in the legs. Laser surgery sends very strong bursts of light onto the vein removing the spider vein or varicose vein. Two to five treatments are generally needed to remove spider veins in the legs. For spider veins larger than 3 mm, laser therapy is not very practical.

### **Cover up and conceal varicose veins?**

Yes, while you are awaiting treatment for varicose veins or spider veins there is something you can do to hide the presence of those broken capillaries (spider veins and varicose veins) with the use of a good cover up product such as those by Judith August Cosmetics. Cover up and camouflage has been the trademark of Judith August Cosmetics since the early 80's.

**There are many formulations of concealers on the market today that will cover up all different types of skin discolorations such as spider veins (broken capillaries), and varicose veins. We offer cosmetic solutions...make-up does matter! The right consistency concealer, the right color, the right technique, will create the right results.**

In our 30 years in the corrective make-up business, Judith August Cosmetics has been dedicated to helping disguise and conceal spider veins (broken capillaries) and to diminish the unsightly look of varicose veins. See the story of Judith August, "a former New York model" and how she found a personal need for camouflage make-up products in order to continue her career.