

HOW TO PREVENT VARICOSE VEINS

Exercise The best forms of exercise for preventing varicose veins are those which do not put extra pressure on the legs yet stimulate circulation gently, such as walking, swimming, and cycling. If you already have varicose veins, strenuous running, jumping, cycling, and aerobic dance are not recommended. These strenuous exercises can produce decreased circulation on the legs causing swelling and pain.

Control your weight If you are overweight, losing weight will take excess pressure off your legs.

Take care in choosing proper shoes and clothing Do not wear tight shoes or high heels; do not wear tight fitting underwear as they restrict circulation; do wear comfortable support hose.

Take breaks from prolonged non-activity If you must sit down for a prolong period of time, find time to stand up and walk around. If you must stand for long periods, find time to sit down.

Elevate your legs It is a good idea when lying down to elevate your legs on a pillow, above your heart, for 10 to 20 minutes. When sitting, elevate your legs on a stool.

Flex your ankles Any gentle circulation in your calves helps. When sitting down, turn your feet in a circular motion. Extend your legs forward, toes pointing upward, then downward. Flex your legs at the knees. When standing or walking, do so on your tiptoes.

Prevent constipation Straining can be a cause of varicose veins. Eat foods high in fiber and drink plenty of fluids.

TREAT VARICOSE VEINS EARLY

If you have varicose veins, talk to your doctor about treatment. He may suggest compression stockings, but if your varicose veins cause severe pain there are other measures which can be taken:

Sclerotherapy This procedure is performed for the smaller veins such as spider veins. A solution is simply injected into the vein to block the blood flow thus causing the vein to disappear over time.

Laser therapy This can also be used to break down smaller veins

Stripping Larger veins can be stripped out. This does not cause a problem with blood flow. You have many other veins which may increase in size to accommodate blood flow.