



Healthy Legs

A Guide To Healthy Leg Veins: presented by the physicians of the Vein Institute of the North Shore

While our medical practice is all about restoring the look and feel of healthy legs, the opportunity to maintain healthy legs and leg veins begins with you. There are a number of practical decisions and easy to implement activities that can very simply become a part of your daily regimen, reducing the possibility of developing venous disease of the legs ... varicose veins and spider veins.

We encourage you to review and “try on” the following tips that are best suited to your lifestyle and interests to help keep your legs fit. It’s your opportunity to take the initiative to boost your leg health. If you have any questions about these suggestions please contact us, or your health care professional.

1. **Uncross your legs when sitting.** Crossing your legs can restrict blood flow. Suggest crossing your ankles while keeping your feet on the ground.
2. **Avoid High Heels, Wear Low-Heel Or Flats.** Low-heel shoes work the calf muscles more which is better for your veins.
3. **Elevate Your Legs** parallel to the ground when reading, watching TV, this improves the blood flow to the rest of your body.
4. **Avoid Long Periods of Sitting or Standing.** Change your position, shift from one leg to the other...walk gently back and forth.
5. **Get Your Legs Moving.** By simply walking you generate blood circulation in your legs... what could be easier.
6. **Maintain a Healthy Weight** and take unnecessary pressure off your leg veins.
7. **Don’t Wear Tight Clothes** around your groin and calves as this can restrict your circulation.
8. **Limit Tub-Time, Take Showers.** Take warm not hot baths and end by splashing cold water on your legs. Hot baths can dilate blood vessels decreasing the return of blood from the legs to the heart.
9. **Sheer support stockings, panty hose, and support socks – for men** can reduce leg discomfort by keeping blood from “pooling” in you feet and ankles, thereby reducing swelling.
10. **Moisturize Your Skin Regularly** to maintain its elasticity and support your cell walls, which can help prevent varicose veins.

Know the Symptoms of Venous Disease of the Legs

- The appearance of varicose veins and spider veins
- Chronic leg and ankle swelling ... leg pain and tenderness
- Numbness or tingling down the legs
- Skin discoloration or skin ulcerations

If you experience these or other uncomfortable leg symptoms it may be a sign of more serious leg problems, see your physician.

This information is not a substitute for medical advice or treatments. Only your health care professional can accurately evaluate your condition and make informed decisions regarding your care.

All V.I. Physicians are board certified with specialized training and skills in the diagnosis, and leading-edge treatments of varicose veins, spider veins & venous disease of the legs.