

Progressive Vein Care

An Affiliate of Vein Care Center

Recommendations for Healthy Legs

Many factors contribute to the overall health of our legs: heredity, weight, age, diet and activity level. But it's the internal function of the legs that also plays an important role: calf muscles, arteries, veins, and vein valves – the internal highway of blood and oxygen flow.

Understanding Vein Disease

The circulatory system is an intricate mechanism that constantly transports fresh, oxygenated blood from your lungs and heart to your extremities, via arteries, and returns oxygen-depleted blood through the veins and back to the heart. Veins and arteries contain valves that keep blood flowing in the proper direction.

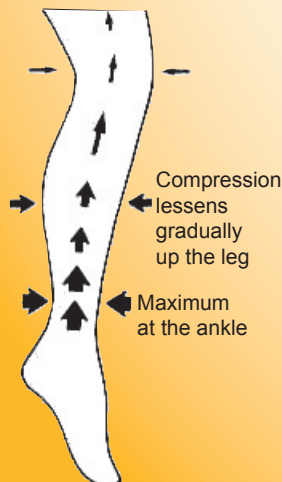
Once vein walls or valves become weak or damaged, the vein walls can dilate. If the veins are continually stretched, the valves begin to operate improperly. The combination of weakened valves and the natural effects of gravity can cause blood in the veins to flow back down to the legs, causing many of the symptoms of vein disease. Symptoms can include pain, swelling, sores, skin discoloration and sensations of tingling, numbness, burning, and cramping.

Even mild vein disease can affect your overall health. Because the blood is not flowing as efficiently as it should, it becomes difficult for blood to re-circulate and re-oxygenate, and deprives cells throughout the body of necessary oxygen and nourishment. Also, vein disease is progressive. Left untreated, veins can become permanently damaged and cause serious or debilitating conditions such as blood clots or leg ulcers.

If you are experiencing some of the early signs of vein disease, you can slow or stop its progression with proper treatment. Compression therapy, combined with leg exercise and a healthy lifestyle, is a method to help keep your veins and circulatory system strong. It is important that you educate yourself about vein disease and talk to your doctor about your concerns.

How Compression Therapy Works

Medically prescribed compression stockings apply pressure to the legs to support weakened veins and help them pump blood from the legs to the heart. The resulting increase of blood flow reduces swelling, fatigue, and pain, and helps prevent a more serious condition from developing.



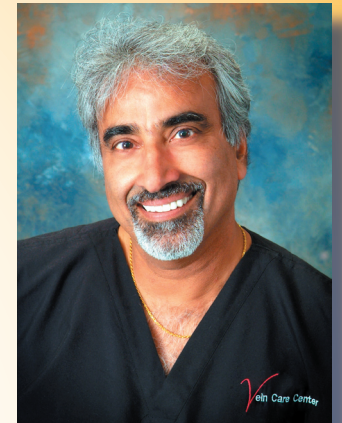
Compression stockings also put pressure on the tissue under the skin to keep tissue fluid from accumulating and causing swelling. Graduated compression stockings deliver the most pressure to the ankle and diminishing pressure as the stocking goes up over the calf or thigh. Having an increased squeeze lower on the leg means more support for the ankle, which usually swells worst because of the effects of gravity.

At first, wearers may feel apprehensive about the tightness or difficulty of putting on the stockings. However, after an initial adjustment period, wearing the stockings feels refreshing. Prescribed, graduated compression stockings

are more effective than over-the-counter, drug store support stockings because they are tailored to individual needs.

Individuals are measured to ensure proper fit and maximum effectiveness and comfort. Also, compression stockings are prescribed according to specific compression levels, depending on the individual. Compression stockings should be worn every day, for up to 16 hours per day. Each pair lasts about six months, after which time a new pair usually is needed.

Dr. Praveen Malhotra, Director of Progressive Vein Care in Findlay, Ohio states he prescribes compression stockings for all of his patients with chronic venous insufficiency or varicose veins. "It is the cornerstone of treating venous disorders," says Dr. Malhotra. He performs an office laser procedure that eliminates varicose veins called endovenous laser therapy. Dr. Malhotra has the following recommendations for healthier legs:



Praveen Malhotra, MD
Interventional Radiologist

REGULAR EXERCISE Walking, running, stairmaster, aerobics, swim-ming, elliptical machine or biking for 30 minutes, 5-7 days per week will help reduce the aching, pain and tiredness in your legs. Exercise activates the muscular pumps in your legs, causing blood to be expelled from the leg veins to the heart. This provides a period of time during which the pressure within the venous system is lowered and strengthens the muscles so they become efficient in pumping blood out of the legs.

ELEVATE YOUR LEGS: Raising the level of your feet above the level of the heart for 15-30 minutes several times per day may reduce symptoms and swelling.

MOVE YOUR LEGS FREQUENTLY: Flexing your ankles 10 times will pump the blood out of your legs like walking does. Repeat this every 10 minutes while standing or sitting and try to walk for at least 2 minutes every half hour. This avoids the venous congestion that occurs when the feet are dependent and at rest for hours at a time.

AVOID WEARING HIGH HEELS: Wearing high heels interferes with the normal pumping action that occurs when you walk and may lead to aching and cramping of the legs.

MAINTAIN A PROPER WEIGHT: Even moderate weight loss may reduce aching in the legs due to varicose veins and diminish the rate at which spider veins develop.

WEAR A COMPRESSION STOCKING OR SUPPORT HOSE: Graduated compression stockings reduce reflux and improve venous outflow, thus decreasing venous pressures at rest and with ambulation. Compression is also anti-inflammatory, resulting in improvement in pain and swelling.

Join us for our Open House
Thursday, September 6th
from 10am-2pm

Meet our Medical Staff, FREE SCREENING and refreshments!

For more information on venous insufficiency, treatment options and Progressive Vein Care you can log on to www.progressiveveincare.com or call 419.422.5905 or 866.472.4472. We invite you to our new location at 116 West Lima Street, Findlay, Ohio.