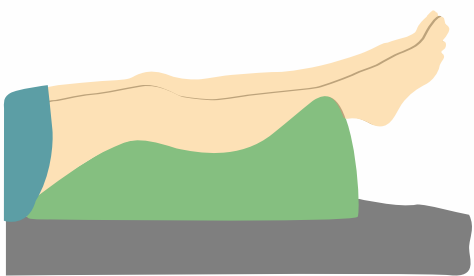


SPIDER & VARICOSE VEINS PREVENTION TIPS

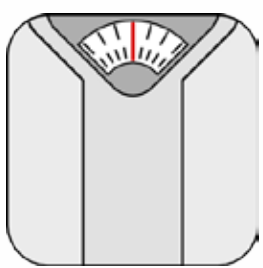
A FEW **LIFESTYLE CHANGES TO REDUCE** THE CHANCES OF **GETTING NEW SPIDER VEINS AND VARICOSE VEINS.**

WEAR COMPRESSION STOCKINGS to keep your veins in the correct position to pump your blood up to the heart.



ELEVATE YOUR LEGS WHILE RESTING as much as possible. This makes it less stressful for the veins.

ROUTINE EXERCISE STRENGTHENS LEGS, VEINS AND IMPROVES CIRCULATION. Target leg exercises such as stair climbing, walking, running.



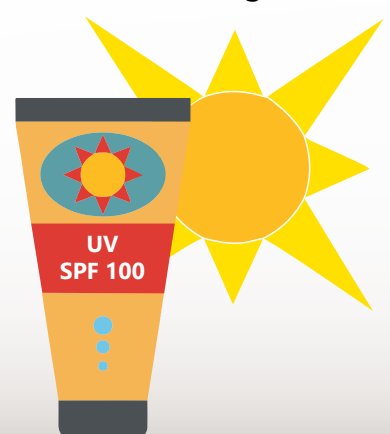
MAINTAIN HEALTHY WEIGHT AND DIET to minimize pressure on your legs.

DO NOT SIT WITH YOUR LEGS CROSSED for long period. Legs may get injured increasing the risk of varicose veins.



MINIMIZE WEARING HIGH HEELS FOR LONG DURATION. Low heels and flats helps strengthen calf muscles to improve blood circulation through the veins.

WEAR SUNSCREEN FOR SKIN PROTECTION from the sun and minimize spider veins on the face.



EAT A LOW-SALT, HIGH FIBER RICH FOODS. Eating less salt can reduce swelling and fiber can minimize constipation which may be a factor in varicose veins.