

VARICOSE VEINS

Varicose veins or “varicosities” are caused when the veins in your legs get weak and enlarge with blood. The veins have to work harder to carry blood back up your legs to your heart. Exercise will help, and it is important not to stand for long periods of time without moving. When you sit, try to prop your legs up to allow better circulation. Short walks at different times during the day will help pump your blood faster. Support panty hose may help tremendously but avoid tight clothing like knee highs or thigh high stocking that could decrease the circulation more.