

# American Boatboy

you • PREGNANCY



## sore stems?

Up to 40 percent of expectant women deal with varicose veins.

## Give Your Legs Love

Your surging hormones, expanding uterus, and extra blood volume can spur an unwanted pregnancy side effect: varicose veins. The problem can worsen this time of year because "cold weather depresses the circulatory system, which may make veins throb and ache," says Luis Navarro, M.D., director of the Vein Treatment Center, in New York City. Here's help!

### Prevent varicose veins

- » Stand and stretch every hour.
- » Lie down and elevate your feet 6 to 12 inches above your heart for 20-minute intervals, as often as possible.

### Tame their pain

- » Avoid tight-fitting clothing.
- » Aim for 30 minutes of exercise, such as walking or stationary bicycling, every day.



Don't Make Yourself Crazy  
How to Stay Healthy

## The Winner's Circle