

Ten tips to keep legs looking good, cold weather strategy from Dr. Navarro

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Legs age, just like faces, hands and voices. For some people, the ageing process that happens in their lower limbs is as painful as it is unsightly.

According to Dr. Luis Navarro of the Vein Treatment Center in New York, Varicose veins are a progressive disease that can eventually lead to ankle swelling, pigmentation, ulceration, bleeding, and advanced Chronic Venous Insufficiency (CVI). Dr. Navarro says, "It is important to seek medical treatment early in order to stop the natural progression of this disease, and reduce symptoms to achieve the best possible cosmetic results"

Spider veins often occur along with varicose veins due to increased venous pressure.

Genetics can damn us to suffer these problems even if we are healthy, but Dr. Navarro urges people to maintain their weight, as he insists that the regularity of exercise we get, the clothes we wear, the foods we eat, and the way we control our body chemistry contribute a great deal to leg vein integrity.

Dr. Navarro has devoted his life's work to the treatment of venous disorders (varicose and spider veins). His center is one of the most well-respected in the country.

He was schooled at the University of Barcelona, then came to New York in 1969 where he began his surgical training at Mount Sinai Hospital.

Dr. Navarro's interest in phlebology flourished and by the late 1970's, while practicing as a general surgeon, and his unique approaches to treating varicose and spider veins have helped many people.

His patented "Combined Therapies" merges minimally invasive techniques to achieve the maximum cosmetic results. In 1988, Bantam Books published his book, "No More Varicose Veins".

Dr. Navarro's facility, the Vein Treatment Center, remains one of first and only facilities exclusively devoted to the treatment of venous disorders.

He has offered Monsters and Critics his top ten tips for keeping your legs looking great, and maintaining a healthy circulation.

GET REGULAR EXERCISE.

Any type of exercise that strengthens the "second heart" - the muscles of the calf and foot – is beneficial. Exercise for at least 30 minutes a day, 3 times a week. Suggested activities include walking, running, swimming and bicycling.

WEAR GRADUATED COMPRESSION STOCKING.

Compression stockings act like an added layer of muscle, aiding the performance of the "second heart" and venous circulation.

MONITOR HORMONE INTAKE.

Birth control pills and hormone replacement therapy constrict blood vessels and can weaken vein valves and vein walls.

AVOID PROLONGED PERIODS OF SITTING AND STANDING.

Rotate your ankles and feet whenever possible, walk for at least 10 minutes every hour, and point and flex your toes to promote leg vein circulation.

ELEVATE YOUR FEET.

Raise your feet 6 to 12 inches above your heart whenever possible to assist circulation.

EAT A HIGH FIBER & LOW SALT DIET.

Salt retains water and constipation puts pressure on the venous system.

MAINTAIN AN APPROPRIATE BODY WEIGHT FOR YOUR FRAME.

Obesity can strain the circulatory system.

WEAR LOOSE-FITTING CLOTHING.

Tight garments can restrict the flow of blood to and from the legs.

CONSIDER DIETARY SUPPLEMENTS.

Vitamins C and E act as antioxidants, which are good for circulation. Flavonoids, butcher's broom, and Horse Chestnut Seed Extract (HCE50) improve venous circulation and decrease symptoms of venous disease.

AVOID CROSSING YOUR LEGS.

Leg crossing constricts veins and increases venous pressure.

www.VeinTreatmentCenter.Com